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Celebrity pg 45

Paris may be living single life again

Grant from Gates goes up in smoke

CHARITY Bill Gates' charitable foundation has pulled the plug on a $5.2-million grant to a Canadian initiative to curb smoking in Africa. It nixed the project after learning the chair of the International Development Research Centre, Mulroney-era cabinet minister Barbara McDougall, was also on the board of directors at Imperial Tobacco Canada.

Neil Collishaw of Physicians for a Smoke-Free Canada says a key African partner in the project also withdrew its support over concerns the tobacco industry may be influencing the Canadian agency.

THE CANADIAN PRESS

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Health pg 29

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Blue Jays

Boys of summer are back

TONY BOCK/TORSTAR NEWS SERVICE

John Buck is greeted by Lyle Overbay last night after hitting a two-run homer against the Chicago White Sox in the Blue Jays' home opener at the Rogers Centre. For more, see metronews.ca.

No smoke, no pain

Ban may be keeping people out of hospital: Study

A ban on smoking in Toronto restaurants may be paying big health dividends, a new study suggests.

Rates of hospitalizations for heart attacks as well as heart and respiratory disease conditions plummeted after the city's ban on smoking in restaurants came into effect, according to the study, published yesterday in the Canadian Medical Association Journal.

39 There was a 17.4 per cent drop in heart attack hospitalization rates and a 39 per cent decline in hospital admissions for cardiovascular conditions overall. The rate at which Torontonians were hospitalized for respiratory conditions — asthma or emphysema attacks, pneumonia and the like — decreased 33 per cent.

"This study's findings are consistent with the understanding that second-hand smoke has detrimental health impacts and legitimizes efforts to further reduce exposure," said Dr. Alisa Naiman, lead author of the study.

Toronto's smoking ban for restaurants came into effect in June 2001 as part of a staged effort to make public locales and workplaces smoke free. The study looked at rates of hospital admissions for a number of conditions from January 1996 to March 2006.

No decline in hospitalization rates was seen for some conditions that aren't thought to be influenced by exposure to second-hand smoke.

THE CANADIAN PRESS

Metrolinx signals Transit City on track

LIGHT RAIL In a signal that it plans to move ahead with Transit City Metrolinx has announced it will go into negotiations with Bombardier to supply light rail vehicles for Toronto's Sheppard, Finch, Eglinton and SRT lines.

"We wouldn't be buying vehicles if we didn't plan to build the projects," Metrolinx CEO Rob Prichard said yesterday. "I think it's a very positive signal of commitment by not just Metrolinx, but the province, to continue with all four LRT projects."

The future of Transit City has been under a cloud since last month, when the province ordered Metrolinx to delay $4 billion in spending over the next five years on previously approved Toronto light rail projects and York Region busways.

Although Sheppard is still expected to open in 2014, Mayor David Miller has suggested the slowdown means some other lines won't be built at all.

Metrolinx should know by its May 19 board meeting whether a satisfactory deal can be negotiated, said Prichard.

TORSTAR NEWS SERVICE

Rail cars

- The Transit City cars will be double-ended, with doors on both sides. They will run on pantographs (zig-zag electrical connectors) rather than poles and will use a narrower, international-standard gauge of track.

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Local

Cart vendors seek city's help

Half the vendors in Toronto's troubled à la Cart program will sell their ethnic eats at new locations this summer, but they're looking to city hall for more help. Most of the vendors struggled last summer, and several say they don't expect, by the time the pilot project ends at the end of 2012, to have paid off the $30,000 cost of the hulking cart they had to buy to participate. TORSTAR NEWS SERVICE

News in brief

VIDEO An unscripted video by the Canadian Cancer Society featuring real cancer patients, survivors and caregivers was among the winners in the Do-Gooder Nonprofit Video Awards, an international contest. THE CANADIAN PRESS

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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WHAT'S ONLINE TODAY

Blogs Terry Fox's family launches cancer research effort to mark the 30th anniversary of his run at metronews.ca/canada

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Appeal denied in cop corruption case

Trial of five Toronto officers set to move ahead after years of delays

One of the largest-ever police corruption cases in Canada can go ahead after the Supreme Court declined yesterday to hear an appeal of a lower-court ruling.

Last fall the Ontario Court of Appeal ordered the case against five Toronto police officers to trial after years of delays.

The country's top court did not give any reasons, as is customary, for its decision yesterday not to hear an appeal of that decision.

The case goes back a decade, when an investigation began into the conduct of members of the Toronto police drug squad. Charges were first laid in 2004 against six former members of the squad.

But after years of delays, the charges were stayed in January 2008 when it appeared the trial wouldn't be over until August of that year. Ontario Superior Court Justice Ian Nordheimer described that as a "glacial" pace.

Last October, the Ontario Court of Appeal overturned that decision and ordered a new trial for five of the officers, saying delays in the case of those five were not unreasonable.

The court allowed the stay against the sixth person, Richard Benoit, who was facing only one charge. It was estimated his trial would have taken no more than one week.

In staying the charges, Nordheimer laid much of the blame for delays on how long it took the Crown to get mountains of evidence to the defence. But the Appeal Court said the length of time was due to the complexities of the case. THE CANADIAN PRESS

30 charges among six officers

- The 30 corruption charges laid against John Schertzer, Steven Correia, Nebojsa Maodus, Joseph Miched, Raymond Pollard and Richard Benoit were based on allegations they conducted searches without warrants, falsified notes to hide those alleged facts and didn't account for all of the money seized in drug investigations. They also include extortion and assault allegations.

Nissan dealership workers charged in $1.17M fraud

FRAUD Car salesman Shahid Sheikh sold a black Kia Sorrento, a modest SUV with a base price of about $32,000, to a customer for more than $47,000.

Included in the deal were many outrageous extras: $2,500 for a BMW grill that normally sells for $995, and $1,000 each for rustproofing, fabric guarding and undercoating — "excessive" add-ons that were in some cases more than double the usual price, says John Van Rooyen, at the time general sales manager at 401 Dixie Kia in Mississauga.

The 2004 deal, which earned Sheikh about $1,700 commission, is part of a $1.71-million fraud trial that opened yesterday in a Brampton court. Sheikh, 50, and two others have pleaded not guilty.

In his opening statement, Crown prosecutor Cam Watson said lenders were left on the hook after documents were falsified in the sale of 41 vehicles. Only 11 were recovered.

Some of Sheikh's customers didn't even exist, the Crown contends. Others were paid for the use of their names and in one case, the identity obtained from a stolen purse was altered to a female from a male and then used for two vehicle purchases, Watson said.

Sheikh committed most of the fraudulent car transactions with Lynn Fuller, business manager at Airport Nissan in Mississauga, between Oct. 1, 2004, and Aug. 31, 2006, the Crown said. Fuller "was intimately involved with Sheikh in those 40 deals," Watson said.

Sheikh and Fuller have pleaded not guilty.

Another man, Ranjit Bisram, is also accused of purchasing several vehicles in deals arranged by Sheikh and Fuller using fake information and other fraudulent documentation. TORSTAR NEWS SERVICE

VINCE TALOTTA/TORSTAR NEWS SERVICE

Lynn Fuller, who is among the accused in a trial circling around fraud allegations at a Mississauga Nissan dealership, leaves court yesterday in Brampton.

Crown: Accused in terror case aimed to ruin infrastructure

TRIAL A Toronto-area terror cell was planning attacks in the hope that Canada would "never recover," a jury heard yesterday.

Three men are on trial, charged with various terrorism offences, but at the heart of the plot were the machinations of one man plotting destruction, Crown attorney Iona Jaffe said in her opening statement.

"Fahim Ahmad began to talk about his plans to strike specific Canadian targets: Parliament, electrical grids, nuclear stations," Jaffe told the jury. "He wanted to cripple Canadian infrastructure."

Ahmad, 25, Asad Ansari, 25, and Steven Chand, 29, were arrested in June 2006 and nearly four years later all three pleaded not guilty in court yesterday. THE CANADIAN PRESS

Sears locks out 500 employees: Union
A union for workers at Sears Canada says the department store giant has locked out 500 warehouse employees after the two sides failed to reach a new contract. THE CANADIAN PRESS

Police and family of slain cop want parole changes

The family of a Toronto officer murdered 30 years ago is speaking out publicly for the first time to join police across Canada in demanding changes to the parole system.

Const. Michael Sweet's widow and her three daughters are responding to a National Parole Board decision last month to grant his killer, Craig Munro, 59, up to four unescorted passes per year.

Shot and pleading for his life, Sweet slowly bled to death as Munro and his younger brother, Jamie, kept police at bay with a rifle and shotgun in George's Bourbon Street restaurant on Queen Street West March 14, 1980.

Sweet, 30, was on patrol when he walked into the robbery in progress. Craig Munro was on parole and under mandatory supervision for a previous gun crime.

The young officer's slaying shocked and angered Torontonians. It made a grieving widow of his 29-year-old wife and left his three daughters — ages 1, 4 and 6 at the time — fatherless.

The decision in British Columbia to grant Munro partial parole drew outrage from police and brought sad disappointment to Sweet's family.

A year earlier, Munro had been denied parole because he was deemed to still be a risk to society and he continued to minimize his responsibility in Sweet's death.

"The man was — and still is — a dangerous psychopath."
Mike McCormack, president, Toronto Police Association

Munro had also applied for early parole under the "faint hope clause" in 1997, but withdrew his application following a public outcry. Jamie Munro was paroled in 1992 after serving his sentence for second-degree murder. He was reported to have moved to Italy and changed his name.

Mike McCormack, president of the Toronto Police Association, said the parole board's decision to grant Craig Munro temporary absence passes is a "terrible mistake."

"The man was — and still is — a dangerous psychopath and a threat to society. He taunted, tortured and physically abused Michael Sweet, watching as the helpless officer bled to death," he said in a statement. TORSTAR NEWS SERVICE

Landlords cry foul on HST measure

RENTING Landlords say the McGuinty government is duping Ontario's 1.3 million tenant households by saying measures introduced yesterday will protect them from the HST.

And by refusing to help landlords absorb the harmonized sales tax, the province will force them to cut back on badly needed maintenance and repairs, they added.

"The government has done nothing to protect tenants from the HST," said Vince Brescia, president of the Federation of Rental-housing Providers of Ontario (FRPO). "All they have done is kick landlords.

"With no assistance and no way to pass on costs, landlords will have no option but to slash repairs and maintenance," he added in an interview.

The Liberal government is closing a loophole in rent regulations that would have allowed landlords to apply for above-guideline rent increases based on the new 13 per cent tax on utilities, which takes effect in July.

Instead, the new HST costs for utilities will be reflected in rent only as they affect the Consumer Price Index, which the province uses to calculate the annual rent increase guideline.

Premier Dalton McGuinty said the government wants to "ensure we protect renters from any costs associated with the HST on energy, and being fair to landlords, they can factor those costs in over time through the Consumer Price Index ... which is accounted for on an annual basis.

Landlords would also be able to recoup their costs in rents they set for new tenants, ministry officials said of the measure. TORSTAR NEWS SERVICE

Scarborough **Renewing trees**

COLIN MACCONNELL/TORSTAR NEWS SERVICE

Sean Gorham and Melissa Neist work at Urban Tree Salvage, a company that collects old diseased trees and turns them into furniture in Scarborough. The company changed its marketing plan during the recession and turned a profit.

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MoMA curator Starr Figura examines Freud's paintings and etchings both renowned for their psychological tension and formal abstraction.

Intersections: Art and Fashion
Wednesday, April 21, 7 pm | Marvin Gelber Print & Drawing Study Centre
Dr. John Potvin discusses fashion, interior design and "the spaces where material and visual cultures meet." His talk will be illustrated with etchings and mezzotints by French painter and printmaker James J. Tissot.

Poets Spell Art FREE
Wednesday, April 21, 7 – 8:30 pm | Walker Court
In celebration of International Poetry Month, poet laureate Dionne Brand and authors George Eliott Clarke, Lynne Crosbie, Daniel David Moses and Souvankham Thamavongsa read poems inspired by artworks from the AGO's collection.

Stephanie Dickey on Rembrandt
Wednesday, April 28, 7 – 8:30 pm | Jackman Hall
Stephanie Dickey explores the significance of the portrait in Rembrandt's prints and the contribution of this expressive art form to our enduring fascination with the human face.

Wangechi Mutu: This You Call Civilization?
Wednesday, May 5, 7 – 8:30 pm | Jackman Hall
Join Robert Enright and panelists Dionne Brand, Allyson Mitchell and Sally Frater in a lively discussion about Mutu's poignant, politically charged art.

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Treasure hunt offers chance to head to outer space

The mayor of Quebec City is opening the streets of his historic city to a treasure hunt that will award the winner with a ticket to ride — into outer space. The winner will get a chance to briefly experience the weightlessness of space during a suborbital flight. THE CANADIAN PRESS

Canada

Witness in Pickton case dies

A friend of Robert Pickton's, who testified that the convicted serial killer told her there were as many as six bodies buried on his farm, has died. Gina Houston's death comes as the justices of the Supreme Court of Canada consider whether to order a new trial in the case, the worst serial murder case in Canadian history. THE CANADIAN PRESS

Tories keep quiet on Guergis allegations

POLITICS Prime Minister Stephen Harper was acting on a complaint from a third party when he demoted his embattled women's minister, banned her from caucus and referred her case to the Mounties, the House of Commons heard yesterday.

That was the only progress the Opposition made in demanding answers about why Harper asked the RCMP and the ethics commissioner to investigate former cabinet minister Helena Guergis.

Liberal Leader Michael Ignatieff said the government is hiding behind the investigations.

"There are serious allegations surrounding the conduct of this minister but we still don't know what they are," said Ignatieff.

"How long will the government hide behind the ethics commissioner and the Mounties? This sordid tale has been going on for six weeks."

But with Harper attending a summit in Washington, the Conservative government wasn't giving any hints about what is involved. Transport Minister John Baird told the Commons only that the allegations were made by a "third party."

He said Harper acted quickly and appropriately when he learned about the allegations against his former status-of-women minister. THE CANADIAN PRESS

Harper vows Canadian help to rein in nuclear materials

Canada will work to ensure that its spent inventories of highly enriched uranium, imported from the United States to produce medical isotopes, end up going back south of the border, Prime Minister Stephen Harper said yesterday.

Dealing with the uranium, which is currently stored near the Atomic Energy of Canada Ltd.'s troubled reactor in Chalk River, Ont., is part of Canada's contribution to an effort spearheaded by the U.S. to rein in dangerous nuclear material, Harper said.

"Canada is actively participating in international efforts to help ensure that nuclear weapons materials do not fall into the hands of terrorists," Harper said in a statement.

The Chalk River reactor is currently offline for repairs, but Ottawa has signalled it's moving out of the medical isotopes business and won't build another reactor to replace the existing facility.

Harper is in Washington for a two-day summit hosted by U.S. President Barack Obama, along with others including Russian President Dmitry Medvedev, Chinese President Hu Jintao and Indian Prime Minister Manmohan Singh.

Obama wants world leaders with nuclear programs to secure any material that could be used by terrorists to either build a nuclear weapon or a crude dirty bomb.

"Canada is actively participating in international efforts to help ensure that nuclear weapons materials do not fall into the hands of terrorists."
Prime Minister Stephen Harper

"It is absolutely fundamental to view this summit with the starting point of the grave nature of the threat of nuclear terrorism," Ben Rhodes, deputy national security adviser in the Obama administration, said in a conference call late last week.

"We know that terrorist groups, including al-Qaida, are pursuing the materials to build a nuclear weapon, and we know that they have the intent to use one."

The summit, being held amid the tightest security since Obama's inauguration last year, comes just after the U.S. and Russian signed a new arms reduction treaty in Prague.

That pact will cut nuclear warheads in each country by about 30 per cent. THE CANADIAN PRESS

News in brief

HEALTH When Health Minister Deb Matthews fired a broadside yesterday at pharmacies furious at her drug reforms — accusing the industry of holding patients "hostage" with threats to reduce service — it was hard not to see a family feud developing. Her brother-in-law, former Liberal premier David Peterson, is on the board of directors at Shoppers Drug Mart Corporation, Canada's leading pharmacy chain and a vocal opponent of the government's controversial plan to slash generic drug prices in half. The relationship was not anything Matthews was eager to comment on.

LAW AND ORDER For the second time in the space of a few months, a Quebec woman has been thrown out of a French-language course after she refused to remove her Muslim veil.

METRO NEWS SERVICES

St. John's **Where hope began**

PAUL DAVY/THE CANADIAN PRESS

Rolly and Betty Fox stand at the permanent marker of where Terry began his Marathon of Hope 30 years ago yesterday in St. John's, N.L. Family and friends of Terry Fox launched a new cancer research effort yesterday to mark three decades since he began his Marathon of Hope.

Suicide bombers fail, NATO troops kill four

AFGHANISTAN CAMPAIGN There was mayhem yesterday in the streets of Kandahar as three suicide bombers staged a failed attack on the city's intelligence headquarters and NATO troops opened fire on a passenger bus, killing four civilians.

The shooting in Senjaray, just outside of the provincial capital, sparked a tire-burning demonstration by locals, who shouted anti-Western slogans.

The Taliban assault on the offices of the National Directorate of Security prompted a 45-minute gunbattle in the heart of the city, with the would-be bombers using a nearby school as a launching pad for the assault. THE CANADIAN PRESS

"Skeptical of Tory claims that a spending freeze is 'easily' done?"

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Roman-style mummy and sarcophagus found in Egypt

Egyptian archaeologists discovered an intricately carved plaster sarcophagus portraying a wide-eyed woman dressed in a tunic in a newly uncovered complex of tombs at a remote desert oasis, Egypt's antiquities department announced yesterday. THE ASSOCIATED PRESS

World

Soldier admitted leaking secrets

Court documents released yesterday show that a former Israeli soldier admitted stealing classified military secrets to reveal Israeli "war crimes" against Palestinians. Anat Kamm, left, has been charged with passing information to a journalist with the intent of harming national security. Her case drew wide attention because a court gag order kept her arrest out of Israeli publications while world media were reporting it freely. The gag order was partially lifted last week. THE ASSOCIATED PRESS

New finding could hold sea secrets

Scientists using a remote-controlled submarine have discovered the deepest known volcanic vent and say the superheated waters inside could contain undiscovered marine species and perhaps even clues to the origin of life on Earth.

Experts aboard the RRS James Cook said they found the underwater volcanic vent more than five kilometres beneath the surface of the Caribbean in an area known as the Cayman Trough, a deep-sea canyon that served as the setting for James Cameron's underwater thriller The Abyss.

Geologist Bramley Murton, the submersible's pilot, said exploring the area was "like wandering across the surface of another world," complete with spires of multicoloured mineral deposits and thick collections of fluorescent blue micro-organisms thriving in the slightly cooler waters around the chimneys.

Volcanic vents are areas where sea water seeps into small cracks that penetrate deep into the earth's crust — some reaching down more than two kilometres. THE ASSOCIATED PRESS

Pilots may have forced dangerous landing due to ceremonies: Officials

POLAND Russian investigators suggested human error may have been to blame in the plane crash that killed the Polish president and 95 others, saying yesterday there were no technical problems with the Soviet-made plane.

The Tu-154 went down Saturday while trying to land in dense fog near a Smolensk airport in western Russia. All aboard were killed, including President Lech Kaczynski and dozens of Polish political, military and religious leaders.

They had been travelling in the Polish government-owned plane to attend a memorial in the nearby Katyn forest for thousands of Polish military officers executed 70 years ago by Josef Stalin's secret police.

The pilot had been warned of bad weather in Smolensk, and was advised by traffic controllers to land elsewhere — which would have delayed the Katyn observances. In Warsaw, there was concern the pilots may have been asked by someone in the plane to land at Smolensk instead of diverting to Minsk or Moscow, in part to avoid missing the ceremonies.

MARKUS SCHREIBER/THE ASSOCIATED PRESS

A soldier stands guard yesterday at the President Palace in Warsaw.

Polish Prosecutor General Andrzej Seremet said Polish investigators talked to the flight controller and flight supervisor and "concluded that there were no conditions for landing."

"The tower was advising against the landing," Seremet said. THE ASSOCIATED PRESS

News in brief

CHURCH ABUSE The Vatican responded yesterday to allegations that it had concealed years of clerical sex abuse by making it clear for the first time that bishops and other high-ranking clerics should report such crimes to police if required by law. The Vatican has insisted that it has long been the Catholic Church's policy for bishops, like all Christians, to obey civil laws. In a new guide for readers posted on its website, the Vatican explicitly spells out such a policy. THE ASSOCIATED PRESS

French TV airs footage of hostages kept by the Taliban pleading for their lives.

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Oasis of the Seas + taxes & fees $355
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Mediterranean
Air + 7-Night Cruise $1158
Voyager of the Seas + taxes & fees $416
CRUISE roundtrip Barcelona and visit Naples, Civitavecchia/Rome, Livorno/Florence, Villefranche/Nice and Toulon/Provence. Departs May 8/rcl/ts.

Alaska Air + 2 Nights + 12-Night Cruise $1499
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Natura Park Beach Resort and Spa + taxes & fees $330
Departs Apr 14/swg/wg.

Varadero 7 Nights 4-Star $475
Mercure Playa de Oro + taxes & fees $220
Departs Apr 15/swg/wg.

Panama City 7 Nights 4-Star $497
Royal Decameron + taxes & fees $243
Departs Apr 19/nol/ts.

St Maarten 7 Nights 4-Star $848
Sonesta Maho Beach Resort & Casino + taxes & fees $249
Departs Apr 30/vat/c6.

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New York Girls Getaway
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TICO

Nigeria's president promises free elections in 2011

Nigeria's acting president promised yesterday free and credible elections in 2011 in Africa's most populous country. Acting president Goodluck Jonathan said that was his clear goal and could be achieved in a year. THE ASSOCIATED PRESS

Nuclear summit begins

World leaders to work toward prevention of nuclear spread

Presidents, prime ministers and other leaders from 47 countries started work yesterday on a battle plan to keep nuclear weapons out of terrorist hands.

The host, U.S. President Barack Obama, is looking for global help in his goal of ensuring all nuclear materials worldwide are secured from theft or diversion within four years.

On the eve of what would be the largest assembly of world leaders hosted by an American president since 1945 — the San Francisco conference to found the United Nations — Obama said nuclear materials in the hands of al-Qaida or another terrorist group "could change the security landscape in this country and around the world for years to come."

Obama opened the conference yesterday with a working dinner and had meetings lined up with the leaders of Malaysia, Armenia and China.

The sessions close today with a joint statement on efforts to prevent the transfer of nuclear materials and technology and to keep them locked up.

THE ASSOCIATED PRESS

India **Love match**

MOHAMMED ABDUL HAQ/MIRZA FAMILY/AP PHOTO

Pakistan's former cricket captain Shoaib Malik and Indian tennis star Sania Mirza pose during their marriage ceremony yesterday in Hyderabad, India.

News in brief

ITALY A mass of mud and water slammed into a small commuter train travelling in the Italian Alps yesterday, knocking the front car into a ditch and killing nine people aboard, officials said.

RUSSIA A judge who sentenced neo-Nazis to prison for hate killings was gunned down yesterday, marking the latest murder in a surge of violence against activists and officials opposed to Russian nationalists. Moscow City Court judge Eduard Chuvashov was shot contract-style in the stairwell of his apartment.

THE ASSOCIATED PRESS

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NOTICE TO SECURITY INDUSTRY WORKERS

On April 15, 2010, a new regulation prescribing basic training and testing requirements for security guards and private investigators will come into force.

New Applicants

New applicants for a security guard or private investigator licence, who have not been licensed by April 15, 2010, will have to complete a basic training course and pass the prescribed test before their application can be considered.

Existing Licence Holders

Existing licensees do not need to take the basic training course if they pass the test before the renewal of their licence.

Those whose licences **expire between April 15 and July 15, 2010,** will not be required to pass the test until their 2011 renewal.

Those whose licences **expire on or after July 16, 2010,** will have to pass the test before the expiry of their current licences in order to renew them.

Training and Testing

Training will be available through licensed agencies, public universities and colleges, and private career colleges. Registered business entities may also train their own employees.

The test will be available after April 15 and individuals may write the test more than once if necessary. However, existing licensees must pass the test before their renewal date.

For more information, please visit the ministry's website at www.ontario.ca/securitytraining or call the Private Security and Investigative Services Branch, Ministry of Community Safety and Correctional Services at 416-212-1650 or toll-free at 1-866-767-7454.

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Comment

Tory scandal-free reputation at risk

NationalReport
Lawrence Martin

metronews.ca/nationalreport

One of the positive claims the Harper government has been able to make is that it has avoided scandal of the on-the-take variety. This government may be ethically corrupt — there are dozens of examples of underhanded dictatorial conduct — but there have been no instances of anyone lining their pockets.

Corruption of the latter kind stung both the Mulroney and Chrétien governments and hurt the reputations of each prime minister. Jean Chrétien was never tied directly to the sponsorship scandal wherein lower level Liberals were on the take. In the Mulroney government, there were ministerial resignations over shady dealings and Mulroney himself is still trying to clear his name for having accepted cash payments from German dealmaker Karlheinz Schreiber.

The troubles currently surrounding bad girl Helena Guergis do not appear to be in a league with some of Ottawa's bigger scandals, but the risk is that she torpedoes the government's record of rectitude.

It's rare when a prime minister will call in the Mounties to investigate one of his ministers. Much of the limited information available points to a possible influence-peddling scandal featuring Guergis, her husband, Rahim Jaffer, and assorted unsavoury types with whom Jaffer, the former MP, kept company.

The more that is learned about the hot-headed Guergis, the latest being that she could hardly keep staff for more than a week at a time, the more one wonders why the tightly-run government didn't rein her in.

Critics called on Harper to fire Guergis weeks ago. It's something he probably wishes he had done before she started adding to her blunder streak, which began with her childish temper tantrum at the Charlottetown airport.

The PM has often been slow to unload troublesome ministers. He allows them to dangle while the media and the opposition feast.

The Oliphant Commission, which is looking into the Mulroney matter, is due to report within the next month or two. The public will be reminded of that low-level operation at the same time as the Guergis one is being investigated. It's the kind of link the Harper government was hoping to avoid.

The PM has often been pilloried for being a control freak.

With people like Helena Guergis in his cabinet, it's easy to understand why he felt he had to be that way.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Be proactive with your child's safety

InStep
Christine Williams

If town criers still existed, I'd be ringing the bell and shouting warnings to parents to predator-proof their children in light of Graham James being granted a pardon by the National Parole Board.

Our show On The Line has featured many experts from police sex crime units. Recently, we opened our phone lines for public feedback about the James case.

As we listened to callers express their disgust with the parole board, what struck me the most was the level of fear some parents expressed for their child's safety. I realized just how deep this issue was affecting some parents so we shifted the discussion to one about common-sense ways to protect our children.

I'll reiterate some key points that all parents should know when it comes to predator-proofing children. Starting with their M.O., predators typically seek out positions that put them near children. They will even befriend someone with children to be near the kids. Predators know children well: Their fears and the vulnerable points of entry into to a child's heart.

They are also proficient liars and will tell your child anything to convince them to comply to their sinister wishes. Luring children on the Internet is another huge problem, so make sure computers are placed in high-traffic areas in the home.

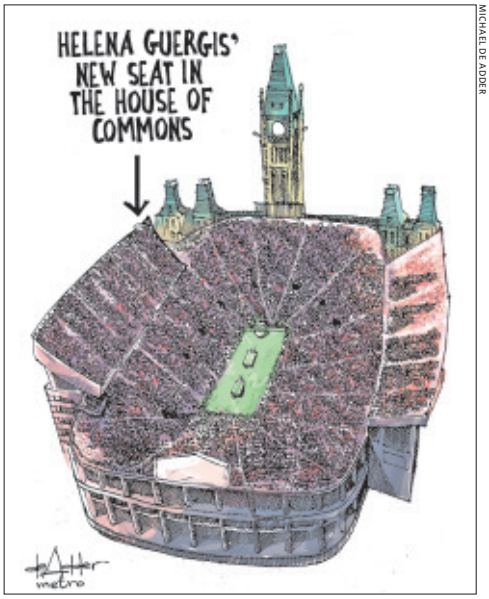
With those horrors in mind, we need to intermittently teach our children about good and bad touches, communicate regularly with them about their day and watch for unusual signs — like reluctance to talk to you and/or withdrawal.

It is also vital to keep in regular contact with adults who are spending lots of time with our children and have the opportunity to be with them alone.

In the James case, as soon as he came out of jail, he went to Spain to coach more hockey. According to former victim Sheldon Kennedy, James has never apologized nor shown remorse.

So while we continue to hold authorities accountable for public safety, taking proactive measures with our children is our best option.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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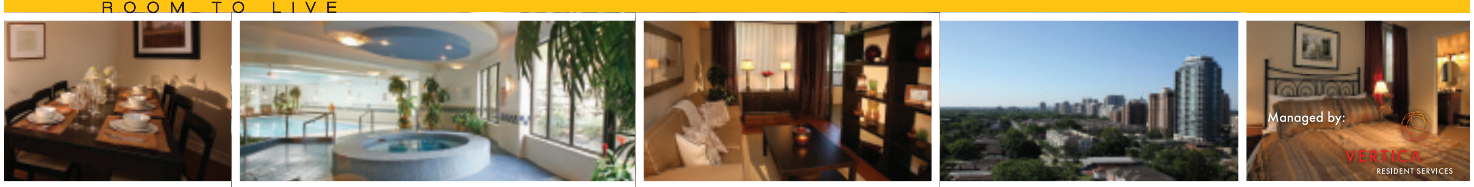

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HBC to be run out of New York

Canada's oldest retailer, the Hudson's Bay Company, announced yesterday that following the retirement, June 1 of chief executive officer Jeff Sherman, the company will be run out of New York by its owner, Richard Baker, president and CEO of NRDC Equity Partners. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
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US .07¢	US 6.2¢	US 58¢	28.18

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Recovery slow, but gathering speed

The Bank of Canada's spring survey of businesses is providing further evidence that the economic recovery is taking hold, even as key decision-makers expect improvements will be gradual rather than robust.

Canadian firms are saying they expect sales to increase modestly over the next year. They also plan to hire more workers and invest more on new equipment and machinery.

But most companies also report that they are operating below their capacity and expect to do so for at least the next six months.

"Firms expect a modest increase in sales volumes following declines over the past year," the central bank said Monday.

"Firms reported that sales expectations are supported by the U.S. general economic recovery, an improving near-term U.S. economic outlook, and, in a growing number of cases, their own initiatives to reposition themselves for growth."

The quarterly survey of 100 key firms is also often cited by the central bank as a factor in its forecasts and decisions about interest rates.

The latest result, while positive, is also muted enough that it is unlikely to put additional pressures on the Bank of Canada to move more quickly than it otherwise would have on interest rates.

Recently, some economists have predicted the central bank will start raising interest rates at its next scheduled announcement date on June 1, about a month-and-a-half before governor Mark Carney's conditional commitment.

With the economy growing at an expected six per cent clip in the first quarter, on the heels of a five per cent advance in the last three months of 2009, there is no longer any need to keep the policy rate at the emergency level of 0.25 per cent, the analysts argue.

THE CANADIAN PRESS

Bankruptcies down

- Fewer Canadian firms and consumers went broke in January compared with December, an indication of improving economic conditions.

The 6.7 per cent decrease in insolvencies between December and January of this year was the biggest in 20 years, according to the federal bankruptcy office.

The superintendent of bankruptcy's office says January usually marks an increase in the number of insolvencies.

THE CANADIAN PRESS

Toyota problems may date to 2004

AUTO Toyota was seeing numerous customer complaints about software problems in some of its models as early as 2004, according to documents filed as part of a Canadian lawsuit against the company.

The documents from Toyota acknowledge problems with the automatic transmissions in Camry, Sienna, Highlander and Lexus ES vehicles.

"Lexus dealer owners are using the term 'franchise threatening' regarding this issue," says one internal document, dated Aug. 6, 2004, and labelled as confidential.

It adds that the Lexus dealers were doing a good job "shielding" Toyota from the complaints, but warns that a fix is needed soon.

The documents were filed in the Ontario Superior Court as part of a lawsuit against Toyota Canada by a Toronto woman.

Karen Stekel claims Toyota is responsible for an accident in which she allegedly lost control of her Lexus ES330 and drove it into a tree, causing her "serious and permanent injuries."

Stekel's lawyer, Ted Charney, will be in court today to argue that parent company Toyota Motor Corp. should be added to the list of defendants, which currently include Toyota Canada, the dealership that sold Stekel her car and the company that financed the purchase. He will also argue that Stekel should be awarded punitive damages by the company.

THE CANADIAN PRESS

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Japan **Making progress**

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Japan's Finance Minister, Naoto Kan, smiles during a press conference at the Foreign Correspondents' Club of Japan in Tokyo yesterday. Kan said Japan is making a solid recovery but faces problems from deflation and debt. Since the government of Prime Minister Yukio Hatoyama swept into power last summer, stock prices have risen and the yen has depreciated, Kan said.

More flights were on time last year

TRAVEL Some things did go right for airline passengers last year: Planes were more likely to land on time and bags less likely to get lost.

As a result, passengers reported fewer complaints in 2009 even while cash-strapped airlines reduced flight schedules and charged for everything from bags and pillows to prime spots in boarding lines.

Airline performance has been improving over the past two years. In 2007, the year air travel surged to its busiest level since before the attack of Sept. 11, 2001, and airline performance suffered a near meltdown. Last year, however, there were 704 million U.S. airline passengers, compared with 770 million in 2007.

The findings, based on an analysis of government statistics, are in the latest annual report by private researchers.

One cloud in the otherwise friendly skies was a slight increase in denied boardings, mostly bumpings due to overbooking.

THE ASSOCIATED PRESS

ScanLife

And the Pulitzer for public service goes to ... the Bristol, Virginia Herald Courier?.

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WePad **Another rival**

MICHAEL SOHN/THE ASSOCIATED PRESS

Helmut Hoffer von Ankershoffen, managing director of the Neofonie company, poses with the new WePad tablet PC in Berlin yesterday. The German maker of a new tablet computer is setting out to rival Apple's iPad with the promise of even more sophisticated technology.

Takeover rumours send Palm shares soaring

TECH Palm Inc. shares surged yesterday on persistent rumours that the phone maker is exploring the possibility of selling itself to an outside buyer.

Although the company has declined to comment, the stock was up more than 16 per cent to more than $6 on the Nasdaq yesterday.

Yesterday's surge comes after Palm shares gained more than 30 per cent last week on the same speculation.

Multiple reports suggest the company has hired investment bank Goldman Sachs Inc. and takeover specialists Qatalyst Partners to strategically advise the company.

METRO NEWS SERVICES

TTC RIDERS & WORKERS
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Bob Kinnear, President ATU Local 113

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14 business

Harlequin takes over German publishing business

Harlequin Enterprises Ltd. says it's taking full-ownership of a German publishing business that it has helped operate for nearly 35 years. THE CANADIAN PRESS

Phones **Meet Kin 1 and Kin 2**

MICROSOFT CORP./THE ASSOCIATED PRESS

Two phones unveiled by Microsoft yesterday are aimed at social networking-savvy teens and twenty-somethings as Microsoft attempts to revive its mobile business and regain ground on iPhones and BlackBerrys. Microsoft said the touch-screen phones, a square-shaped handset called Kin 1 and a longer, rectangular one called Kin 2, will be sold in the U.S. by Verizon Wireless.

Google CEO bets on papers

Google Inc. chief executive Eric Schmidt says he is confident that newspapers will find new ways to make money online by harnessing the vast reach of the Internet.

Media executives have accused Google of draining readers and advertising from newspapers online. But speaking Sunday night to open the annual conference of the American Society of News Editors, Schmidt said Google recognizes that newspapers are vital to democracy and provide a critical source of online content.

He predicted that the news business will find a new model, based on a combination of advertising and subscription revenue.

He said Google hopes to facilitate that, but he offered no specifics.

"We have a business model problem. We don't have a news problem," Schmidt said. He added: "We're all in this together."

THE ASSOCIATED PRESS

ShareYourViews

torontoletters@metronews.ca

Toronto construction fund to do $54 million worth of construction for Shell
Bird Construction Income Fund has secured a $54-million contract to build three facilities for Shell Canada Energy. The Toronto-based fund said yesterday that construction on the three projects has already begun, adding Shell has paid $5 million to date. THE CANADIAN PRESS

Greece responds to loan promise

Greece's borrowing costs dipped yesterday in positive early-market reaction after eurozone countries filled in key details of a financial backstop aimed at quelling fears the heavily indebted country could default.

On Sunday, eurozone governments said they would make €30 billion ($40 billion US) in loans available to Greece this year if Athens asks for the money, while the International Monetary Fund would contribute about €10 billion more.

The finance ministers of the 16 eurozone countries also agreed on a three-year financing formula that would mean a fixed interest rate of "around five per cent," while the variable rate would be around four per cent, officials said.

The rate is still above what IMF aid recipients usually pay, but is less than markets had been demanding in recent days. The downward trend in Greek borrowing costs as markets opened yesterday will lead to relief in Athens. The hope is that the mere fact the loans are available will calm markets. That would let Greece borrow normally at acceptable interest rates by selling bonds.

THE ASSOCIATED PRESS

Last resort

- The eurozone loans are available anytime, but Athens insists it prefers to borrow on the market.

Business in brief

BROADBAND Telus Corp., which has its roots in Western Canada, says it plans to expand its broadband services in Quebec by investing $250 million in the province this year. Canada's second-largest telecom company says the money will be put towards fibre-optic networks that will make Internet services available to more Quebec communities. THE CANADIAN PRESS

Teachers bank on toys

ACQUISITION The Ontario Teachers' Pension Plan has acquired a "significant minority" investment in Munchkin Inc., a California-based company that's looking to expand internationally with its infant and toddler products.

Financial details and terms of the transaction were not disclosed yesterday.

Munchkin designs and sells baby products ranging from pacifiers to toilet training aids.

Erol Uzumeri, senior vice-president of Teachers' Private Capital, said the pension fund's investment "positions the company to capitalize on opportunities during the next phase of its growth."

In January, Munchkin acquired U.K.-based baby products designer Lindam.

Teachers' has been bulking up its portfolio in diversified sectors in the recent months.

Earlier this month, it led an investment group in taking over Ohio-based Exal for an undisclosed price.

THE CANADIAN PRESS

Plenty of blame to go around in Iceland collapse

BANKING A report into Iceland's 2008 banking collapse has criticized the Nordic country's former government and banking regulators for allowing the financial sector to become overheated without adequate restraint.

The 2,300-page government-commissioned report detailed a litany of mistakes made by legislators, the central bank and other regulators in the lead-up to the bank meltdown, an event that wreaked political and economic havoc in the tiny island country.

Pall Hreinsson, the supreme court judge appointed to head the Special Investigation Commission, called on the Icelandic parliament to begin a review of the country's financial laws.

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Savings means saying 'Me First'

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Maria Contreras
RBC Royal Bank
Product Manager, Savings Accounts

Every savings plan calls for a goal – and the determination to reach it. It's important that you see savings as being just as important as cable, phone, groceries, and your other expenditures. Make this your mantra: I promise to pay myself first. Get into the habit of putting money aside from every paycheque. *Make it a must* – just like paying your mortgage or rent. No ifs, ands, or buts.

Start by having the proper bank accounts. Chances are you already have a chequing account; the one you look at as your primary, day-to-day account for most of your banking needs. Paycheques go in, expenditures go out. But if you're really serious about saving, you need to establish a *separate* savings account.

A distinct savings account ensures that the money you're putting aside for your future goal actually remains dedicated to that goal. Depositing money should be effortless – look for an account that allows simplified online transfers between your chequing and savings accounts. The easier it is to transfer money into your savings account, the easier you'll find it to save. But because life isn't perfect and circumstances can always change, you will also want to look into a savings account that allows you to access your savings in the event you need it – with no strict minimum monthly balances you need to adhere to, or penalties for accessing your money.

If you still find it hard to commit to a savings regimen, let your bank do it for you! Scheduling automatic transfers from your everyday account to your savings account is a manageable, "set it and forget it" method of paying yourself first. You may want to arrange for these "memorized" transfers to occur as soon as your paycheque is direct-deposited into your chequing account. Be sure it's a figure you can live with – let's say $25 a week (which can add up to $1300 in just a year!). Soon you'll be putting money away without even thinking about it.

In the meantime, you'll still want to keep your spending top-of-mind. Be sure you can remain committed to saving by feeling comfortable with your spending. Keep tabs on outgoing cash by monitoring your ATM withdrawals, tallying receipts for entertainment and other expenses, and noting any changes in your spending habits. When you know where your money's going, it's easier to see how much you could be keeping. And, who knows – you may even find new opportunities to save!

Next week: Saving against the unexpected.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Don't try keeping up with the Joneses

AlisonOnMoney

Alison Griffiths
metronews.ca/alisononmoney

ALISON'S MONEY RULE
Spending to keep up with the Joneses or keep friendships intact is a one-way street to debt and dissatisfaction.

If you listen closely around the urban corridors of this land you will hear the faint sounds of belts loosening. We're spending again!

Retail sales have crept up in most categories, notably in footwear (gotta cover those tootsies), appliances and furniture. And as the dollar teases prime, cross-border shopping is, once again, becoming a weekend pastime.

But with those numbers comes the question — why are we spending? A surprising number of people buy stuff in order to keep pace or face with family, friends or co-workers. This kind of spending can put you on a path to debt and dissatisfaction.

One couple I worked with had a circle of friends who went out for a fancy dinner together every couple of weeks, continuing a tradition they'd developed pre-kids. With baby sitters, drinks, tips, etc., they were blowing nearly $500 a month, money they simply didn't have. The cost just kept mounting up on their credit cards.

After agonizing about their situation they fessed up. To their surprise they found everyone was experiencing similar difficulties with their enjoyable habit. But no one wanted to be the first to say, "We can't afford this anymore." One of the wives actually wept with gratitude at having their big secret out in the open.

The same group still meets regularly but now they take turns hosting. The kids are stashed in the family room with a sitter hired for the group, the food is potluck, the drinks are BYOB and the entertainment is, wait for it, board games. Each week a different couple dusts off one of the boxes they have stashed in the basement. Clue, Risk, Trivial Pursuit, Cranium, Mastermind, Balderdash. Fun!

Another couple were part of a yacht club crowd. They kept up the membership, even after the husband was downsized, for fear of losing their friends and, even worse, looking like losers. Two years after selling their boat they have a whole new set of friends who kayak.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Consider second tier companies

Investing

Allan Small
metronews.ca/investing

Many of the large cap companies in the U.S. and Canada saw their stock prices devastated during the recession. However, since then, many of them have bounced back from their lows, with some even doubling in price since March 2009. So, with this in mind, where can an investor put their money to still take advantage of the growth yet to come?

There are two types of investments. The first would be to choose investments or companies that have lagged the recent rally. These types of investments are becoming harder and harder to find as the market continues to rise, but they still exist.

The second type of investment to consider would be what the market calls "second derivative" investments. These are companies or investments that do well feeding off the success of other companies or investments. Best Buy is an example of a second derivative investment, as it could be the benefactor of the success of the new products sold through its stores, such as the Apple iPad. With the new iPad being sold through Best Buy, if the product is a success, it could really help Best Buy's bottom line.

Investment ideas that seem to be working in this market have not changed in the last year. The growth areas are still the same. Sectors like technology, infrastructure, financial, commodities and oil have all done well and continue to perform well. However, as their prices rise, these sectors start to look a little pricey for the average investor to make an initial investment.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

On the web

Money Matters: Henry Choo Chong talks about Ontario's new harmonized sales tax and rebates. Visit metronews.ca/moneymatters to read his column.

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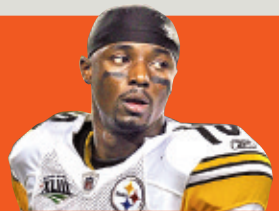

Newest Jet suspended four games

Newly acquired Jets wide receiver Santonio Holmes, left, was suspended yesterday without pay by the NFL for the first four regular-season games for violating the league's substance abuse policy. The league announced the suspension a day after the Jets acquired the talented but troubled Holmes from the Pittsburgh Steelers for a fifth-round pick in this month's draft. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Raptors improve their odds

NBA RESULTS

Raptors 111 **Pistons** 97

VS

Andrea Bargnani had 33 points, Amir Johnson scored a career-high 26 and the Toronto Raptors improved their playoff prospects by snapping a five-game losing streak with a 111-97 victory over the Detroit Pistons last night.

Toronto moved within a half-game of the Bulls for the final post-season spot in the Eastern Conference.

The Raptors, who close the season tomorrow at home against New York, will earn a playoff berth if they end the season tied with Chicago, which finishes against Boston and at Charlotte.

Detroit's Charlie Villanueva guaranteed a victory on his Twitter account yesterday, then scored 16 points in the team's home finale. Ben Gordon had 24 for the Pistons, whose miserable season ends tomorrow at Milwaukee. THE ASSOCIATED PRESS

Pitching ends win streak

Jays hurlers have trouble against White Sox in home opener

MLB RESULTS

Sox 8 **Jays** 7 (11 ings)

VS

Baseball fans were treated to elements of nostalgia in the home-opener, with Rogers Centre filled to the rafters like it was during the glory years, but they were also given an idea of the realities facing the Toronto Blue Jays as they delve deeper into another rebuilding season.

The starting pitcher needed help and the closer was shaky, costing the Blue Jays their unexpected five-game winning streak. Toronto fell 8-7 to the Chicago White Sox last night, falling just short of a rally in the 11th inning.

Andruw Jones hit two home runs for the White Sox, moving past Johnny Bench and into a tie with Graig Nettles for 50th among baseball's all-time home run leaders, with 390 over his career. Another home run, this time from Chicago third baseman Mark Teahen in the top of the ninth, cost Toronto closer Jason Frasor a save.

The Blue Jays announced the attendance as a sellout, at 46,321, and many in the crowd had been busying themselves with focused jeering of former Toronto centre-fielder Alex Rios, who was claimed on waivers by Chicago last August. They were silenced, though, when Teahen hit a triple off reliever Jeremy Accardo in the top of the 11th to score Omar Vizquel to give the visitors a one-run lead.

"Opening day at home is always special," Blue Jays manager Cito Gaston said before the game. "The fans are on your side, that's for sure, and we get to make that last out. But most of all, it's to see this place full and hope that we can get it back to that every night — like it used to be." THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

Chicago White Sox centre-fielder Alex Rios hits a broken bat single off Toronto Blue Jays starting pitcher Brian Tallet last night at the Rogers Centre. The White Sox won 8-7 in extra innings.

Sports in brief

MLB Major League Baseball commissioner Bud Selig says he's concerned about the slow pace of ball games. Selig says some games drag on when pitchers take too long between pitches and hitters constantly step out of the batter's box.

UFC Former light-heavyweight champion Chuck Liddell will take on former middleweight title-holder Rich (Ace) Franklin in the main event of UFC 115 in Vancouver June 12. Liddell had been expected to fight Tito Ortiz for a third time in the marquee bout at GM Place. METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S AL RESULTS

Chicago White Sox 8 Toronto 7 (11 ings)
Kansas City 10 Detroit 5
Minnesota 5 Boston 2
Oakland 4 Seattle 0
Tampa Bay 5, Baltimore 1
Texas 4 Cleveland 2 (10 ings)

YESTERDAY'S NL RESULTS

Chicago Cubs 9 Milwaukee 5
Cincinnati 6 Florida 5 (10 ings)
Philadelphia 7 Washington 4
San Diego 17 Atlanta 2
St. Louis 5 Houston 0
Pittsburgh at San Francisco

NBA

YESTERDAY'S RESULTS

Toronto 111 Detroit 97
Atlanta 104 Milwaukee 96
Charlotte 105 New Jersey 95
Miami 107 Philadelphia 105
New York 114 Washington 103
Orlando 118 Indiana 98
Minnesota at San Antonio
Memphis at Denver
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TODAY'S GAMES

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Denver at Phoenix, 10:30 p.m.

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Own the Podium CEO stepping down

Roger Jackson, the man who headed the program that helped Canada enjoy its most successful Winter Olympic Games ever, will step down as chief executive officer of Own the Podium Thursday. Alex Baumann, a Canadian Olympic gold medallist in swimming, will be the interim CEO, OTP said in a release yesterday. THE CANADIAN PRESS

JOEL AUERBACH/GETTY IMAGES

Head coach Ron Wilson watches his Toronto Maple Leafs play against the Florida Panthers earlier this season in Sunrise, Fla.

Regrets? He has a few

Relied too much on vets, Wilson says

Ron Wilson wishes he could have put the kids in sooner.

One regret the Toronto Maple Leafs coach has about the past season is starting the year with veteran players who hadn't necessarily earned their spots in the lineup. Toronto got off to an 0-7-1 start and never recovered, eventually finishing 29th in the league.

"If I could do anything over again, I would have gone with all the young guys I thought had made our team at training camp (and) had outplayed a lot of veterans," Wilson said yesterday.

With big salaries tied up in the one-way contracts of Jason Blake, Matt Stajan and Vesa Toskala, the coach had little choice but to play them. All three were eventually shipped out of town in trades, opening the door for some of the younger players who helped the team to a 9-3-1 stretch in March.

Toskala's performance was particularly damaging. He entered the year as the No. 1 goaltender and was ominously pulled in the second game after allowing three goals to Washington in just 20 minutes. It didn't get much better after that.

"Yeah, I did lose a little bit of confidence in Vesa at the beginning and he probably felt it," said Wilson.

"He probably felt it from his teammates because he was continuing where he left off."

The Leaf players made one final visit to Air Canada Centre yesterday morning to conduct exit interviews and clean out their lockers. It's the fifth straight season the team has failed to qualify for the playoffs — and the fifth in a row where it's touting a bright future.

The 2009-10 campaign was essentially doomed in the opening two weeks. Unlike years past, the team was never part of the playoff race in the Eastern Conference after digging an early hole.

"We all tried to do a little too much and it didn't work out," said defenceman Francois Beauchemin, one of GM Brian Burke's off-season acquisitions. "That's one thing we learned. It won't happen again."

THE CANADIAN PRESS

ScanLife

Henrik Sedin basks in being the first Vancouver Canuck to take home the Art Ross.

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Sports in brief

NFL The Tennessee Titans have agreed to terms with Chris Simms, bringing back a quarterback they had in 2008 as he worked himself back into shape. The Titans announced the move yesterday, making Simms the third quarterback on the roster with Vince Young and Kerry Collins.

NBA The Sacramento Kings have picked up the option on the contract of coach Paul Westphal for the 2011-12 season. Kings president of basketball operations Geoff Petrie made the announcement yesterday before the team played its final home game of the season against Houston.

NFL Authorities announced yesterday they will not charge Pittsburgh Steelers quarterback Ben Roethlisberger after a college student accused him of sexually assaulting her at a nightclub last month. Ocmulgee Circuit District Attorney Fred Bright said the 20-year-old student's accusations could not be proven beyond a reasonable doubt, and her lawyer said in a letter that she did not want to press charges.

BOXING Polish boxer Tomasz Adamek is dedicating his fight against Cristobal Arreola this month to those killed in the plane crash in Russia. The plane carrying Polish President Lech Kaczynski and dozens of political, military and religious leaders went down while trying to land Saturday in dense fog near Smolensk airport in western Russia.

NFL Jason Campbell has signed his $3.1-million US tender with the Washington Redskins, taking him off the market as a restricted free agent while leaving open the possibility of a trade. Campbell was given permission to explore a trade after Donovan McNabb was acquired from Philadelphia last week. THE ASSOCIATED PRESS

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Oilers in a no-lose NHL draft situation

LOTTERY The Edmonton Oilers are hoping the odds work in their favour at the NHL draft lottery.

But whether deputy commissioner Bill Daly draws their name or another team when the lottery is held tonight (TSN, 8 p.m. ET), most scouts feel they cannot lose with two prize choices — Plymouth Whalers centre Tyler Seguin and Windsor Spitfires winger Taylor Hall — there for the taking when the draft is held June 25 in Los Angeles.

Oilers GM Steve Tambellini will be on hand for the live broadcast from a TSN studio along with fellow general managers Peter Chiarelli of the Boston Bruins, Randy Sexton of the Florida Panthers and Scott Howson of the Columbus Blue Jackets.

Balls representing the 14 teams that failed to make the playoffs are in play, and only one is selected.

The winner can move up a maximum of four positions, so only the bottom five teams in the league standings (except 29th-place Toronto, which traded its pick to Boston) have a shot at the No. 1 overall pick. A team can only drop back one position.

So the Oilers will end up picking first or second, while the Bruins are assured of picking in the top three. The weighted draw gives the last-place Oilers a 25 per cent chance of winning while Boston has an 18.8 per cent shot.

THE CANADIAN PRESS

Road to Cup tougher for Pens this season

NHL The Pittsburgh Penguins are heading into the playoffs as the fourth seed in the Eastern Conference, just as they did when they won the Stanley Cup last season.

Again, they usually win when Sidney Crosby and Evgeni Malkin show up frequently on the scoresheet, and often lose when they don't. Dan Bylsma is still behind the bench. Marc-Andre Fleury remains in net.

As far as similarities go, that's about it.

Unlike last year, when they jetted into the playoffs as one of the NHL's hottest teams, going 18-3-4 in their final 25 games following Bylsma's hiring, the Penguins are playing erratically.

After beginning the post-Olympic break with a four-game winning streak, they won successive games only once more in their final 16 games.

The playoff opponent is very familiar — this is the third time in four seasons the Penguins and Ottawa Senators meet in the first round. Pittsburgh lost in five games in 2007, its first playoff appearance since 2001, but won in a sweep the following season.

Maybe playing the dangerous Senators will "drive us into playing some good hockey," centre Jordan Staal said, starting with Game 1 tomorrow night.

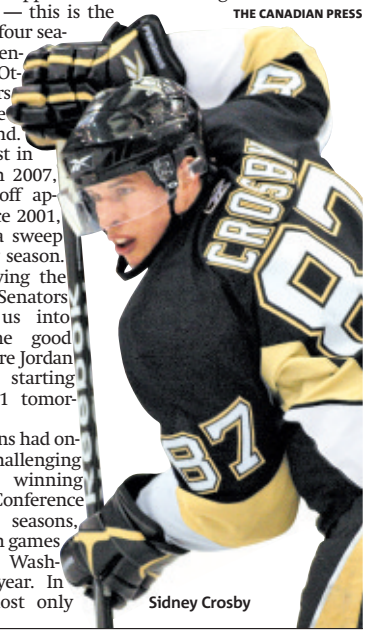
The Penguins had only one challenging round while winning the Eastern Conference the last two seasons, needing seven games to eliminate Washington last year. In 2008, they lost only two games, one each to the Rangers and Flyers, in three rounds.

The route to the finals appears to be much more difficult this year. As challenging, perhaps, as it has been for the Penguins to "get to our game" — one of Bylsma's favourite phrases and a rarely reached goal of late.

"I like our guys in terms of being playoff tested and playoff proven," Bylsma said. "We know how we are going to need to play."

The biggest concern: The Penguins' inability to beat the conference's top two teams. They lost all four to the Washington Capitals, two in extra time, and all six to the New Jersey Devils. Should the top four-seeded teams advance past the first round, the Penguins might have to beat both teams — each time without the home-ice advantage — to return to the finals for the third straight season.

THE CANADIAN PRESS



Sidney Crosby

Toronto FC signs two defenders

MLS Toronto FC has signed a pair of defenders in Canadian Adrian Cann and Russian Maksim Usanov.

Cann, 29, has spent the last two seasons in the Danish league with Esberg FB. Prior to that he played for the Vancouver Whitecaps and Montreal Impact.

Drafted 16th overall in the 2004 MLS SuperDraft by the Colorado Rapids, he made two appearances for Colorado before being released midway through his first MLS season.

"We're delighted to complete the signing of another Canadian international," Mo Johnston, Toronto's director of soccer, said in a statement yesterday.

"Adrian will add to our backline with his height and his strength, so we're looking forward to seeing what he can do on the field for us.

"Max is another good young signing for us at the back. He attacks well and defends well."

The 25-year-old Usanov, who is awaiting a Canadian work permit, was most recently with FC Krasnodar in Russia. Prior to that he played in Latvia for FC Skonto.

Toronto FC, 0-2 after two losses on the road, play their home opener Thursday against the expansion Philadelphia Union.

THE CANADIAN PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Take your job search online

The Internet offers many benefits for researching career options

RAFAEL BRUSILOW
for Metro Canada

Planning your career path can seem daunting, but a little web surfing can make your choices a lot clearer.

Going online to research your career options has many benefits — it's convenient, free, involves little personal risk and can be a great starting point to get a sense of what industries and careers are out there that match your interests and skills.

Shirin Khamisa, a career coach at Careers By Design, says while some freestyle web-surfing is fine to get your bearings, make sure you do eventually set goals for your research sessions to ensure you spend your time wisely and don't get overwhelmed or discouraged.

"When you open the computer, ask yourself, 'What are my objectives with this research? What am I looking to find?' That can make a big difference in terms of keeping yourself focused," Khamisa said.

For finding out more about different jobs, the Government of Canada offers a great resource, which lets you search through job descriptions and skill requirements for thousands of occupations, find out what wages and salaries are like in different industries and even where to go to get trained for specific jobs.

Industry Canada also lists thousands of employers under job categories including brief descriptions of companies with their website and contact information as well so you can research individual employers in your chosen field.

Many public libraries and educational institutions throughout the country also offer access to Career Cruising software, which contains in-depth job profiles including information about standard working conditions, expected earnings, education and training needed and plenty of other great resources.

Similar information can be found at the National Occupational Classification offered by Human Resources and Skills Development Canada.

Khamisa says the right attitude is crucial when searching out career options — keeping an open mind makes the process less intimidating and can inspire you to consider career changes you might never have thought of before.

"Having that adventurous spirit really helps people move forward with change," Khamisa said.

Log on

- Here are a few sites to get you started, suggested by career coach Shirin Khamisa (careersbydesign.ca):
- Government of Canada: labourmarketinformation.ca
- National Occupational Classification: hrsdc.ca.ca
- Industry Canada: ic.gc.ca

Researching your career options online is a great starting point.

7 steps to keep you grounded in the hunt

YLVA VAN BUUREN
for Metro Canada

Looking for work can be one of the toughest jobs you ever have to do. While it's important to establish good work habits during this time, experts advise that you also build activities into your day that help reduce stress and keep your spirits high. Here are some to try:

Breathe

To centre yourself anytime, Laura Warf, a fitness and mind/body specialist in Saint Saveur, Que., recommends this yogic breathing exercise. With your hands together at the sternum in a prayer position, take a deep breath in to the count of four and sweep the arms open and up as if drawing a big circle. When hands are above your head, slowly bring hands back together to the count of four and down the centre line back to your heart.

Meditate

When you are feeling frustrated or depressed, sit quietly and observe your feelings. Whatever comes up — sadness, tears, etc. — allow them, says Warf. Stay with the emotion until it passes and you have a feeling of peace. It usually takes a few minutes.

Use affirmations

At any time during the day, repeat a meaningful affirmation to yourself. One suggestion: "I have the power to manifest my dreams."

Practice yoga

Certain poses affect the way you feel about yourself. For example, the Tree pose is grounding and energizing. Warrior 1 and Warrior 2 are empowering poses that connect with your energy centre and build confidence. Child's pose is a restorative and relaxing pose.

Aerobic exercise

Use any type of regular physical activity to take your mind off your troubles and reduce anxiety and stress, says Oakville, Ont., stress expert David Posen. Feel-good hormones released during aerobic exercise help improve your mood.

Time-outs

Schedule regular time-outs (go for a walk, work on a puzzle, learn to play an instrument) to clear your mind.

Use visualization

Sit quietly in a relaxed position. Close your eyes and visualize your perfect job and work environment until your breathing is slow and deep.

"At the end of the day, try to look at this time of transition as a gift of time," says Posen. "It's an opportunity to take a breather from the busy working lives most of us have. Pace yourself and make the time pleasant while you job search."

Passion into action

GetSmart

The economy has been experiencing strain for some time, resulting in lay-offs for some and uncertainty for young people entering the workforce. With so many people in transition and looking to start another career, is it possible for a new graduate to stand out above those with more experience?

A teacher recently told me, "There's always room for the best." If you have the motivation and are successful in turning your passion into action, you won't be let down. The challenge is to communicate that passion in the ten seconds an employer will glance at your resume.

We all know the saying "don't judge a book by its cover," but when looking at resumes, this is exactly what employers are doing. They look at it as a sample of your work, so use formatting that reflects you and industry specific wording that does justice to the experience you have. Make sure you are familiar with their vision and how you can actively help them pursue it.

If your resume does its job, you should look forward to getting an interview.

Jacqueline Hansen is a student ambassador at Seneca College.

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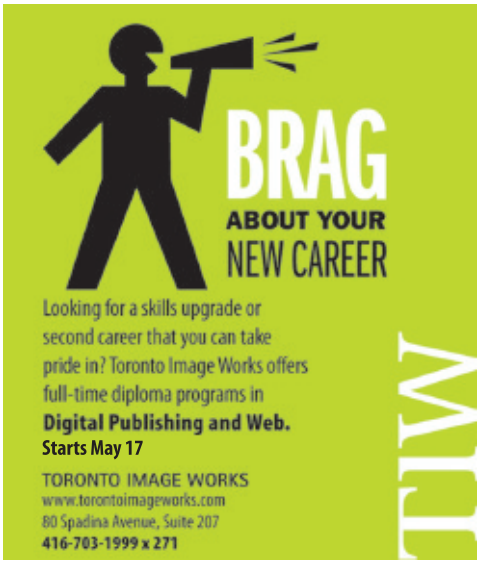

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Ryerson outranks heavyweights

Azure notes Interior Design program in top 3 in world

LEYLA EMORY
for Metro Toronto

Ryerson's School of Interior Design is one of the best — it poses a problem.

Recently named one of the three top interior design schools in the world by Azure Magazine, Ryerson credits the accomplishment to its focus on problem solving. "For us that's what makes interior design real," says Annick Mitchell, chair of the school. "From the get-go we want students looking at things and questioning."

Mitchell traces the approach to a speech given by architectural critic Christopher Hume years earlier in which he discussed the disconnect between real world problems and design. "We listened and really took that message to heart."

It's an approach that has the school outranking heavyweights like Harvard, Columbia, Yale, MIT, Royal College of Art (London) and others in Azure's guide 'to the best design schools worldwide.' And it has students gaining real-world experience.

This year Katy Alter, a third-year interior design student her partner Jeff Cogliati, master of architecture, won first place in the Mount Pleasant Cemetery bike rack competition. They'll begin production of their design this April and see it installed by the summer. Second year students Rochelette Dumbrique and Kieran Meschino are part of the foursome that created KinBin, a lego-looking recycling system displayed at the Toronto Interior Design Show. They are currently in talks about production with an interested manufacturer.

KinBin, a recycling system created by Ryerson students, was showcased at the Toronto Interior Design Show.

Both groups credit the school for their success. "Through the Interior Design Program, I have been constantly exposed to various aspects of the design world," says Alter. "You have to consider the context as well as the implications for your designs. You're given a set of parameters for which you must find the appropriate solution."

Dumbrique and Meschino agree. Where as other schools at this years design show focused on project display, Ryerson's objective was product design, according to the girls. "We had to find a problem that we wanted to solve and solve it," says Meschino. "Our curriculum is problem-solving based," adds Dumbrique, "it's skill they really try and have us develop."

But posing a problem is only one part of the equation. Solving it is the other, and there Mitchell credits the students. "We're really lucky. We really have been able to attract the brightest and the best. You get these constellations of people where you get amazing student, faculty, good administration and it all comes together. If universities could predict how it happened they'd market it."

U of T's faithful understanding

Muslim Studies course teaches religious tolerance

"This program is for anyone who wants to know more about Islam and the Muslim community," smiles Nevin Reda (PhD), Coordinator of the Certificate of Muslim Studies at Emmanuel College, Victoria University/ University Of Toronto.

"Maybe you're working with Muslims, it's for interest or you want to contribute to the community somehow ... it's for a broad variety of people. We don't expect or require anyone to have particular background or training in order to take these courses."

Simply put, Muslim Studies is a continuing education course open to everyone. Entering its third month, the program is still quite young yet with its inviting directive and lack of prerequisites, the initiative—a first step towards a complete Muslim studies program at Emmanuel College—has already become one of the school's more revered offerings.

KEITH CARMAN/ FOR METRO TORONTO

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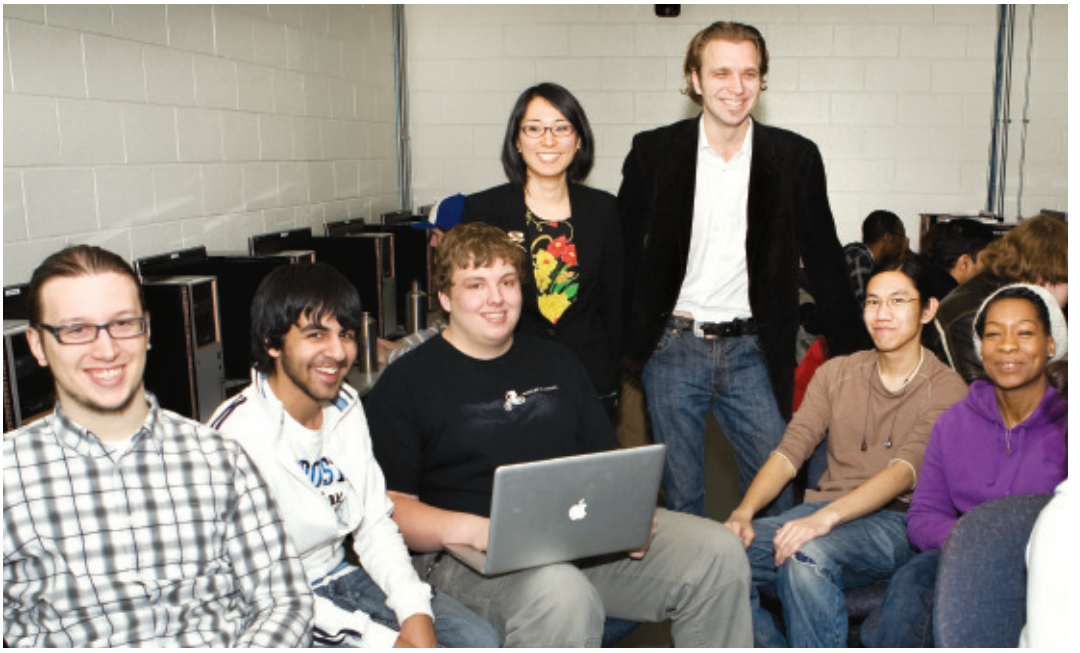
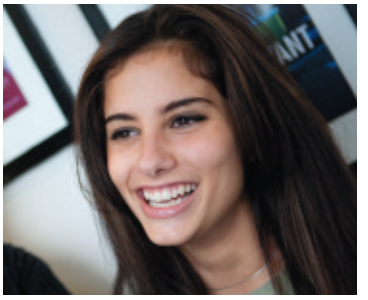


"The dynamic and active learning environment at Humber helps ensure student success."

Shugufa Kaker,
HSF President, 2009



In the 2009 Community College Survey on Student Engagement Humber placed first in:

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- Academic challenge
- Student-faculty interaction

humber.ca **hsfweb.com**

Seneca stands tall

Students develop animated short film, The Spine, with Oscar-winning director

RICK McGINNIS
for Metro Toronto

Despite an Oscar on his shelf and countless other awards, renowned animated film director Chris Landreth found himself looking for whatever break he could find when it came time to begin production on The Spine, his latest computer-animated short film.

Luckily for Landreth, the animation department at Seneca College in Toronto were exploring ways recent graduates of their three-year animation course and eight-month post-grad program could get real-world experience with the skills they'd been taught. "We were actually trying to formalize some sort of way for students to finish films after they had finished our course," recalls Sean Craig, coordinator of the 3-D animation program, "because typically we don't allow students to make film while they're trying to learn all the theory and the software while they're in school with us."

A call from Landreth inspired the creation of the school's first Summer Institute in Animation, created expressly to allow 15 Seneca grads to work on The Spine. Now nominated for a Genie award, The Spine is very much a continuation of where Landreth was going with Ryan, the Oscar-winning short that was also completed with the help of Seneca Students in 2003. The story of a dysfunctional couple, it's enhanced by wildly surreal visual metaphors, where characters sprawl bonelessly or inhabit bloated, oversized bodies, their bodies twisting and transforming according to their state of mind.

Communicating his unique visual perspective was a priority for Landreth. "By hanging out with them over the course of an afternoon for about a half hour every week we'd be able to get a gelled vibe on how to go forward with the art of the film." At the end of the week the whole crew, with Craig as director of animation, would get together to watch the rushes, to see how everyone else was working on their individual tasks and how everything was being edited together.

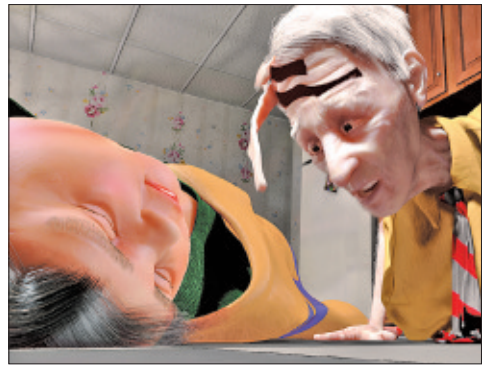
"I know a lot of schools have internships with studios and job placements, but I don't know that there has been anything like this done before," he said. Landreth adds "my personal experience in both of the films I've worked on with Seneca was that it was a better experience to work with students than to work with seasoned professionals because they were artistically hungry people and wanted to prove their chops."

Work experience

- Seneca's Sean Craig says students have gone on to work on animation and digital effects on films like the recent Peter Jackson remake of King Kong, the Chronicles of Narnia, The Hulk starring Ed Norton, X-Men 3 and Spider-Man 3, as well as in the Tim Burton-produced 9 and Gnomeo & Juliet.
- Chris Landreth says the need for trained hands finds students filling spots "all over the place, all the time," on professional productions, and Seneca students also got experience recently on The Dark Years, a three-hour animated history of the Great Depression.

SUBMITTED/NFB

Scenes from The Spine, an animated short made in conjunction with Seneca College students.



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Scholars find safe haven at U of T's Massey College

KEITH CARMAN
for Metro Toronto

We rarely realize it, but the fight for freedom extends beyond physical or political. It can be a desperate struggle to attain intellectual, academic liberty from suppressive climates.

Such is the modus behind the Scholars-at-Risk program provided by the University of Toronto's Massey College in conjunction with the School of Graduate Studies. Offered to valid candidates since 1999, Scholars-at-Risk bestows humanitarian and financial assistance to endangered collegiates in order to further their studies, their freedom of speech and our rights to access that information.

"(Scholars-at-Risk) aims to financially assist newly-arrived refugees to Canada who have had to flee their countries because of civil strife or wars," notes Massey College/program Administrator Anna Luengo. "(It) helps them to continue graduate work they were forced to stop, continue post-doctoral research or provide subsidies to those able to work teaching, i.e.: A U of T course."

Stemming from another successful, revered program dubbed Writers-in-Exile running in association with PEN Canada, an organization focusing on freedom of expression since the 1930s, Luengo notes the shift to Scholars-at-Risk was a natural development.

> **"We recognized there was a great need for academic assistance among new refugees."**
> Anna Luengo, U of T

"We recognized there was a great need for academic assistance among new refugees. Once funding was received from the Donner Canadian Foundation by the School of Graduate Studies, we were able to proceed with the fellowships."

To date, that obvious connection between writer and Scholar has yielded 12 candidates from countries including Iran, Ethiopia, Yemen, Iraq, Colombia, Zimbabwe and Azerbaijan successfully fulfilling a process of adjudication and, with legal expedition into the country, garnering two-year fellowships of $10,000 as a means of continuing otherwise-unavailable graduate studies.

However, despite support from U of T's Faculty Of Arts And Science and an international Scholars-at-Risk network, the program—and its participants—are still subject to many growing pains.

"The program is still relatively new so financially, people sometimes continue to struggle after the fellowship is over because it does not guarantee a lucrative future," Luengo reveals.

"The Scholars don't only receive. They give a lot in terms of their experience and wisdom to our students who are curious and interested in the world at large."

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Scoop a 'One-Week Job' internship this summer

KEITH CARMEN
for Metro Toronto

Who says today's youth can't hold a job? In the course of one year—February 2007 to March 2008—28 year-old Vancouverite Sean Aiken had 52.

Yes, the Business Administration graduate held one job per week for a year. While that seemingly cements consensus about young people's inability to stay focused or committed, this quick employment turnover is exactly what Aiken set out to do: Discover where to turn after school/with the world at his fingertips.

"When I was looking for a job, I saw these important-sounding titles, but had no idea what the job would actually be like," he admits about the impetus for what came to be dubbed the One Week Job Project an experiment in holding various pre-arranged gigs for no more than seven days.

The concept quickly picked up momentum, taking Aiken around North America to employ as everything from the good (Cancer Fundraiser for Princess Margaret Hospital Foundation, fashion buyer and organic dairy farmer) to the bad and ugly, most notably disliking picking cattails in a swamp. "It was plus-35 (degrees), tonnes of bugs, smelled bad and had gruelling 12-hour days."

As a means of sharing this opportunity, the One Week Job Co-Op Program has been established. Taking place this summer, three candidates will participate in eight pre-arranged one-week jobs earning both knowledge and a $3,000 honourarium. Aspiring applicants are encouraged to visit one-weekjob.com for conditions.

Those tepid about testing the waters of fleeting finances need not worry, however. Aiken has completed both a documentary chronicling his endeavour as well as a book (Penguin Group) providing a more in-depth account.

He also offers insight via the website/social networking with the most popular—and obvious—question being that after such a massive undertaking, has Aiken discovered his calling?

"Yes," he winks building anticipation, "and I invite you to find out by reading the answer in the last chapter."

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McMaster searches for funding for Pan Am facilities

"We need to find some creative way to come up with the money," for McMaster University's facilities for the 2015 Pan American Games, says the school's vice-president of university advancement. McMaster could need $20 million or more for its commitment to the Games. METRO NEWS SERVICES

Workology

Gender equity not quite here yet

In 2008-09, seven Ontario universities violated the gender equity guidelines of Ontario University Athletics regarding scholarship distribution. Female student athletes received more scholarship money at UoGuelph, Nipissing, and uOttawa, while men got more money at Lakehead, McMaster, WLU, and uWindsor. As members of the OUA, the institutions are required to give no more than 55 per cent and no less than 45 per cent of funding to one gender. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Full of culture and cost-effective

Small Business City

RAFAEL BRUSILOW
for Metro Canada

Local businesses thrive in Bendale, propped up by the support of local residents and thrifty overhead costs.

Cheap monthly commercial rents (costing about half, or even a third, of similar square footages in central or downtown Toronto) have allowed small businesses to prosper in Bendale and the area is notable for its many mom-and-pop and other family-run operations.

Most of the businesses here are authentic, neighbourly and charmingly ungentrified. Some chains have started moving onto freshly built commercial lots near some of the major intersections in the area but their effect has been mostly positive so far (and well-needed if the area is to serve an increasing number of condo residents).

Angela Kelly is co-owner of St. Andrew's Fish & Chips (1589 Ellesmere Rd.), a traditional U.K.-style restaurant that has seen the area evolve in its 25-year history.

Kelly says when the restaurant first opened in the mid-1980s the clientele was primarily British. Today, while the clientele have become more mixed, the same friendly vibe remains fleshed out by fresh faces from new high-rise developments.

"When we started there were a lot of British residents and businesses — many of them have since moved out. Now we get a mix of regular customers and the neighbourhood is still a pretty friendly place. We do get a lot of people from the new condos coming in as well," Kelly said.

At Ruby & Ruby Saree Palace (2843 Lawrence Ave. E.), owner Jegan Kanagiah has sold traditional garments and fabrics for more than 11 years. He says business in Bendale is very much a local affair.

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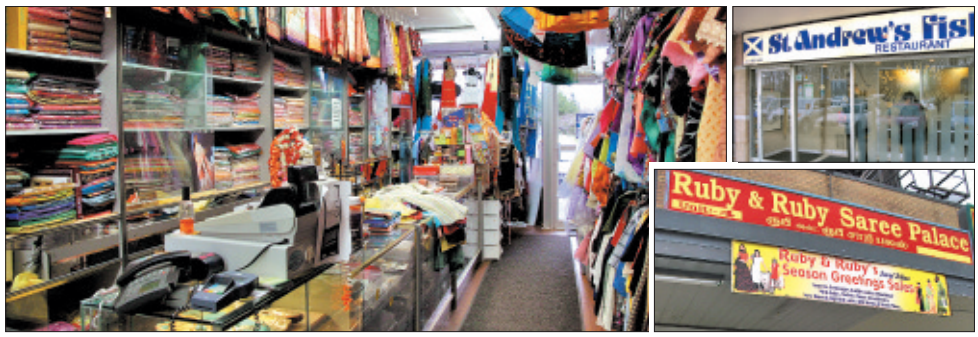

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

From traditional South Asian apparel (Ruby & Ruby Saree Palace) to British food (St. Andrew's Fish & Chips) Bendale has a nice mix of cultures.

Don't miss Spaces and Places!

Bendale will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

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28 workology

RAFAEL BRUSILOW/FOR METRO CANADA

Ravi Rul, owner of Simba's First Class Bakery, extols the virtues of the multiculturalism of Bendale.

<<CONT. FROM LAST PAGE

"The area is definitely geared towards the multicultural people that live in the area. A lot of the local business owners here live in the area as well — it's that kind of neighbourhood.

While starting out was hard for him at first, he says the support of Bendale residents over the years has proved the community embraces local business.

"This is a nice area and there's not a lot of crime here. We've developed relationships here with local people who know us and trust us. We don't want to go somewhere to start again from scratch — we work together with the neighbourhood," Kanagiah said.

Ravi Rul owns Simba's First Class Bakery (2851 Lawrence Ave. E.), named after his beloved dog, Simba. He says the cheap rent and mix of customers have keep his business steady in the four years he's been operating in Bendale.

"This area is very multicultural and I have a steady stream of regular customers. The landlords here are pretty good so I feel it's a good community for business," Rul said.

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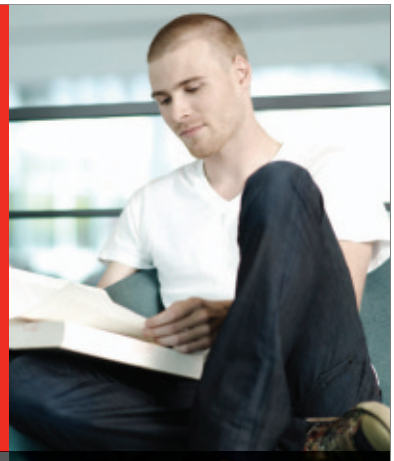
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Burt, you make good lip balm

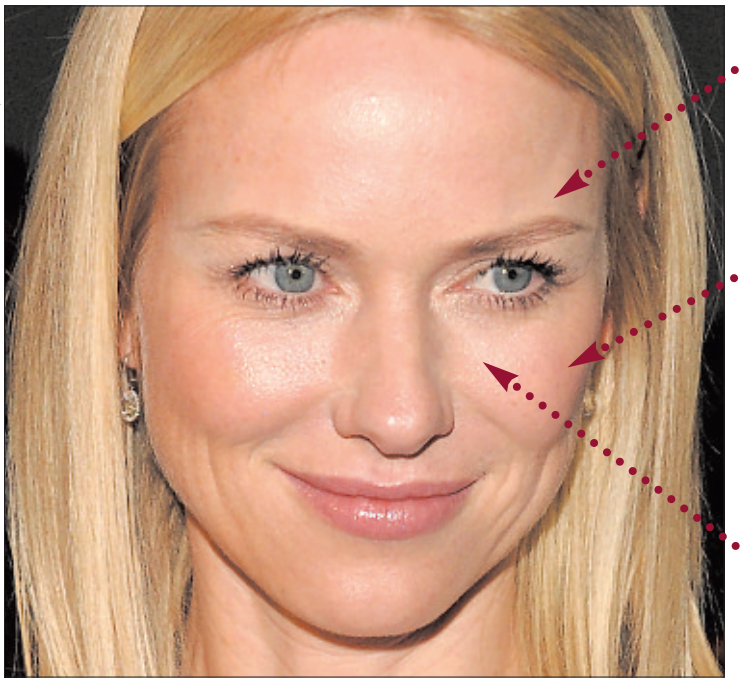
Burt's Bees has created a limited-edition lip balm in conjuncture with the Earth Day release of Disneynature's film Oceans. The company will donate $1 from every balm sold to the Nature Conservancy of Canada. $4.99 at Shoppers Drug Mart and Long Drugs. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Simply soft and sheer for spring

The three key products to update your makeup bag and put your best spring-face forward



ANDREW H. WALKER/GETTY IMAGES FOR IMG

Actress Naomi Watts shows the crowds at the Calvin Klein Fall 2010 Fashion Show how to wear spring's sheer trend perfectly.

1 SHIMMERY POWDER

Bobbi Brown Bronze Shimmer Brick, $49, available at Murale, bobbibrown.com.

When it comes to achieving the dewy look, less is more. "Don't over powder your t-zone and be sure to add luminescent shimmer to highlight your cheekbones, brow bones and inner corners of your eyes," says Shobrook. Bobbi Brown's Shimmer Brick is a "must-have" in her book. If you have a warmer skin tone, try the shimmery bronze or beige brick set. If you have colder tones, go for the rose or pink quartz.

2 A SHEER BLUSH

MAC Dainty Mineralize Blush, $25, maccosmetics.com

Until you get that natural sunny glow, blush will help give your face a little more colour. "Pick a sheerer blush. In spring, you want to create washes of color rather than blocks of colors," Shobrook says.

3 LIGHT FOUNDATION

Laura Mercier Tinted Moisturizer, $42.

"Spring is about a sheerer base. It's about showing the skin rather than masking it behind foundation," says Shobrook, who recommends Laura Mercier Tinted Moisturizer. "It instantly makes the skin look more springtime ready."

KENYA HUNT
Metro World News

Just like fashion, beauty has gone to a more wispy, translucent place for spring.

On the makeup front, it's all about looking luminous and slightly flushed, like you've just finished playing in a field of grass with your lover under the soft sun.

Seriously.

"A dewy complexion symbolizes healthy skin," says makeup artist Talia Shobrook. But how does one achieve such radiant skin? It's not exactly like you can just erase dry patches, discoloration and ashen skin overnight.

But with help from the right makeup products, you can fake your way there. Here are three must-haves.

Diet & Diabetes Research Study

A research study at St. Michael's Hospital will examine the potential benefits of using low glycemic index and high fibre diets to reduce blood sugar levels. This study includes ultrasound (non-invasive) screening to assess the health of your arteries.

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Hair star

Your hair goes through a lot. Pantene's new line, Customized, wants you to record your own lockumentary and upload it to pantene.com/realitystar for a chance to be the star of the world's first live reality TV commercial. The contest closes Thursday. METRO NEWS SERVICES

You go, Curl! Expert tips for curly-haired girls

Breaking down the dos and donts to keep your locks bouncing like they were born to do

JANINE FALCON
for Metro Canada

If you have curls, you're not wrong in thinking yours is one of the most challenging hair textures.

On the set of Sex and the City 2, Sarah Jessica Parker's 'do took the longest to style, according to lead stylist Frank Barbosa, spokesperson for Schwarzkopf Professional.

"I blew out Sarah's hair then put all the curls back in with a hot iron," he explained.

For most of us, two hours with a professional on hand each a.m. isn't the norm, so the pros share their best tips on getting great curls when they're not around.

THE CUTTING EDGE

The wrong cut for curly hair can be a disaster — think pyramid-heads and hockey hair. Kevin Murphy, an Australia-based stylist who does hair exclusively for magazine and advertising photoshoots, puts it simply.

"Go to a hairdresser with curly hair. The only people who know about curly hair are people who have got curly hair, so pick the person who has hair most like the hair you want."

MOISTURE MANAGEMENT

"Really curly hair can get dry very easily," points out Charles Baker Strahan, whose celeb-hair clients include Leighton Meester and Scarlett Johansson. That's because natural sebum has a tough time travelling from the scalp down the curly-hair shaft.

Using a brush would help, but when it comes to curls, brushing is a big no-no (use a wide-tooth comb instead, when hair is damp).

To compensate, Strahan recommends starting with a hydrating shampoo and conditioner such as Herbal Essences Hydralicious. "Hydrated hair always styles better," he adds.

If you find that you have to wait two days after shampooing for your curls to look good, could be you're using cleansers too harsh for your hair, says Jessica McGuinty of Jessicurl, a line she developed first for her own mass of corkscrew curls, then in response to growing demand from the community on naturally-curly.com.

"Look for sulfate-free products," she advises. Check labels instead for decyl polyglucose, a very gentle cleanser that doesn't strip hair.

For conditioning, she prefers silicone-free formulas, such as Jessicurl Too Shea! Extra Moisturizing Conditioner, which contains aloe vera, shea butter, and jojoba and avocado oils.

Herbal Essences Hydralicious Self-Targeting Shampoo, $3.99 at drugstores.

STYLE COUNSEL

Choose your styling product according to your hair type.

"Fine curly hair needs styling product with a little less moisture but that sets the curl in," says Murphy.

If your hair's on the thin side, try a curl-enhancing mousse — the texture adds volume. If you have thick curls, you need something a little more emollient, like a cream.

Murphy also says to apply product when hair is still mostly wet, about 60 per cent. Celeb stylist and John Frieda consultant Harry Josh, who works with Amanda Seyfried, agrees, especially when it comes to preventing frizz.

In fact, he says keeping wet hair wrapped in a towel can make things worse.

"You take it off and the outer layers and hairline, which frizz the most anyway, are already dry and frizzy from being in contact with the towel."

For a defined curl without using a blow dryer, Pantene Consulting Stylist Denis Binet says to comb through a curl cream such as Pro-V Anti-Frizz Crème from root to tip, then "wrap several strands around your finger and tighten the lock. If your hair is very long, pull it up with clips while it dries so that the weight of the water doesn't make the loops fall out."

Jessicurl Too Shea! Extra Moisturizing Conditioner, $17.50 at delineation.ca.

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TRESemmé Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair, $6.49 at drugstores.

FINISHING TOUCHES

All styling pros agree: the less you handle your curly hair before it dries, the better. But according to Susan Konkin, curly-hair expert at Delineation Hair & Skin Essentials in Toronto, a fluffy microfibre Hand Dry Hair Glove can improve your touch after you've applied your styling product.

"You can work scrunching, twisting and squeezing your curls without adding frizz while the gloves quickly absorb excess water, which cuts down the drying time."

And don't discount the value of a professional curling iron to help shape random curls for a polished finish, especially if you've got unruly greys to contend with, advises Josh.

To refresh droopy curls without adding water, which can cause frizz, try TRESemmé's new Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair.

Hand Dry Hair Glove, $24.95 (2 pack), at delineation.ca and select beauty supply stores.

Kevin Murphy Motion Lotion enhances fine curly hair, $22; kevinmurphy.com.au for salons.

Fab curls on the runway recently at Montreal Fashion Week's Fall 2010 shows.

From limb to limb
For every Culture Bio beauty product sold this year, Yves Rocher will plant a tree as part of the United Nations' Plant for the Planet operation. METRO NEWS SERVICES

The only pick-up line you need

The J Spot
Josey Vogels
metronews.ca/thejspot

It's one of the most critical moments in the mating ritual. Your eyes meet from across the room, you hold each other's gaze for that split second longer than feels natural, and then, it happens.

She flashes you a quick smile. And not just one of those curt, closed-lipped smiles flashed out of awkward politeness. It's a genuine, sweet smile that brings her eyes and open heart into the game.

It's a smile that automatically makes you smile back. It's a smile that in one split second says … you're in. And the smile is probably one of the most universally understood forms of communications out there. A smile immediately communicates openness and fun and makes others feel at ease.

Research has shown that when you smile, your body releases endorphins that send a feel-good message to your brain. And when your smile causes that cutie from across the room to automatically smile back, her body also releases endorphins that make her feel good about herself.

So with one quick smile exchange you've said: I'm happy and her brain has told her that she is happy and associated that happy feeling with you. Who needs pick-up lines when you've got all that going for you in a quick flash of teeth?

Of course, while a successful smile exchange will get your foot in the door, don't make the mistake of throwing it open and waltzing on in. You're liable to scare the person off. Instead, move in slowly.

According to British sex-pert and body language expert Tracey Cox, women are more likely to respond if men approach them from the front. Men are best approached from the side. And, once you're in the person's personal space, Cox offers some other body language signs that signal the person is into you, like shiny eyes.

"The eyes don't lie," says Cox. "Sparkling eyes denote interest, and this can't be faked." Also, she says, the raised eyebrow flash is unconscious and indicates attraction and interest.

A woman will show interest in a man by looking straight at him, playing with her hair, flashing her wrists, gliding her hands over her arms and neck, whispering and leaning into the conversation, moving her head closer to you and smiling broadly.

Men show interest by raising their eyebrows when they first meet you, raising them while talking, stroking his tie or smoothing his shirt, and trying to attract your attention with a masculine "cowpoke" stance, and an "open" face.

And, when you do finally open your mouth, Cox has some advice. You have two ears one mouth, use them in proportion.

"The more you let the other person talk, the more fascinating they will think you are," says Cox.

"She flashes you a quick smile … It's a genuine, sweet smile that brings her eyes and open heart into the game."

Tyra Banks, model and TV show host, coined the term "smizing" — smiling with your eyes.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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FACE If your tax return was low you can still invest in a makeover. A full makeup application from MAC Cosmetics and an eyeshadow palette is a great purchase. The makeup artists from MAC choose colours that compliment your skin tone, recommend what kind of look will suit your face, and help you choose the right palette to create the look at home. Each refill colour, $13. Empty Pro Palette eyeshadows x 4 case, $6.

DENISE SURETTE
for Metro Canada

Preparing your tax return isn't what most people would consider a pleasure, but getting money back on your return is when the fun begins.

While you're waiting for the check to arrive in the mail you may want to consider how you want to spend your money, and investing in a makeover may be the way to go.

Often beauty buys can go on the back burner when other bills are looming, but making yourself look and feel good are great ways to invest your extra cash.

ANDREW H. WALKER/GETTY IMAGES

Model Doutzen Kroes

$200

HEAD Get a whole new look for your crowning glory — your hair. Depending on where you live prices can vary, but getting a whole new cut and colour will give you a fresh new look. Add in a moisturizing hair treatment and you'll give your hair healthy refresh.

$600

HAIR If you're thinking of getting rid of unwanted hair permanently, investing your tax return in laser hair removal sessions may be the way to go. A package of laser hair removal treatments will rid you of underarm hair. Helen Ormston, owner of Gentle Touch Laser in Halifax, says that it's a great way to invest your money. "When you compare laser to waxing, it's much cheaper," says Ormston. "Waxing is a lifetime of ongoing treatments, but laser is an upfront payment."

$1,000 +

BODY If stubborn fat pockets are worrying you, you may want to put your return toward Ultrashape, a non-surgical way of fighting bulges and breaking down fat cells, which can reshape your stomach, thighs and hips. Dr. Tom Woo from Laser Rejuvenation Clinic and Spa in Calgary says this is a great way to feel better about you body.

"Studies say three treatments gives you anywhere from two to three inches reduction around the waist," says Woo. "That's one to three notches on your belt. When you think of it that way, that's pretty tremendous."

For more Refund Fun check out Monday's Metro for a focus on electronics

Before After

PHOTO PROVIDED

Brendan Fox, a kinesiologist and personal trainer at Medcan Clinic, opens the door to the only publicly available Bod Pod in Toronto. It accurately weighs your body fat composition.

The Bod Pod squad

CELIA MILNE
for Metro Canada

If you are trying to get healthier, forget the weight scale.

A pound of fat, after all, weighs the same as a pound of muscle.

The Bod Pod is a new, space-age machine that measures body fat composition, showing the percentage of your body that is fat and the percentage that is lean.

"The weight scale can be deceiving when tracking people's fat loss progress, rewarding those who lost water weight," says Brendan Fox, a well-known kinesiologist and personal trainer at Medcan Clinic in Toronto.

"If you're working out, you could be gaining muscle or bone density, yet be beating yourself up because the weight scale isn't changing."

The Bod Pod looks like a giant egg, which you step inside of. It works by measuring your weight, and then measuring your air volume while you are seated in the unit. It calculates body fat and resting metabolic rate, indicating how fast your body burns fat.

The Bod Pod is used in medical research at universities and hospitals. It's also used for Olympic athletes, says Fox.

"Currently the Medcan Clinic has the only publicly available Bod Pod in Toronto," he adds.

City spas offer discount treatments

SPAS Have you been holding onto that $50 bill from your great-aunt from last birthday for a rainy day?

This week put 'ah' in affordable and buy yourself a discounted spa treatment at one of six Toronto spas participating in Spa Week.

This North American event has over 800 spas opening their doors, showcasing the benefits of body treatments to those who couldn't otherwise afford them. Try the 60 minute lime coconut body scrub and massage at Elmwood — it's the most delicious rub down you'll ever have! Go to spaweek.com for more info.

METRO NEWS SERVICE

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ALEX WONG/GETTY IMAGES

U.S. President Barack Obama and Vice President Joseph Biden during the signing of the Affordable Health Care for America Act. They know a thing or two about the power of a smile.

Careful you may catch a smile

CELIA MILNE
for Metro Canada

Smile and the whole world smiles with you. It just might be true.

April is oral health month, and what's really hot right now is cosmetic procedures.

Everyone wants a movie-star smile. Before you commit to bleaching, crowns, veneers or orthodontics, the first step is to visit your dentist. Explain what you would like your teeth to look like and what your budget is, and your dentist can guide you to the best treatments. They can also make sure you have healthy teeth and gums.

Depending on what you want to spend, bleaching and whitening can be done by the dentist, or you can do it at home using a kit, but this is less effective and the chances of over-doing it are higher. The in-between solution is to get a mold made by the dentist and then do the bleaching at home.

The benefits of a dazzling smile are many: it helps you get jobs, attracts people to you, makes you feel good, and — according to a German study — smiling is contagious.

Using MRI scans of people's brains, German researchers found that seeing a happy, smiling face triggers involuntary activity in the brain, so that the instinctual response is a smile rather than a frown..

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Travel mug equals free coffee

To celebrate Earth Month, participating Starbucks Coffee Canada stores will offer customers who bring in a resuable travel mug a complimentary cup of brewed or iced coffee this Thursday. This the fifth year the company has offered the promotion. METRO NEWS SERVICES

Food

Grocery shop... smarter

Estimating rather than doing mental math as you shop for groceries can help you stay on budget, according to new research in this month's Journal of Marketing. Using a calculator to tally up the goods in your grocery cart produces the most accurate results, but rounding up or down to the nearest dollar will yield better results than trying to add $2.49 to $3.76 to whatever else you put in the cart, says the study. TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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Canadian Living recipe of the month

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PHOTOGRAPHY BY JIM NORTON

Apple Rhubarb Turnovers.

Chicken Club Wrap with Garlic Mayo.

Chicken Club Wrap with Garlic Mayo

PREP: 5 MINUTES
COOK: 10 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:

- 8 slices bacon
- 4 boneless skinless chicken breasts
- ½ tsp (2 mL) each salt and pepper
- 1 plum tomato
- 4 large tortillas
- 4 romaine lettuce leaves, chopped

Garlic mayo:

- 1 large clove garlic
- Pinch salt
- ¼ cup (50 mL) light mayonnaise
- 1 tsp (5 mL) lemon juice
- Dash hot pepper sauce

METHOD:

Garlic mayo: Mince garlic with salt until smooth paste; stir into mayonnaise along with lemon juice and hot pepper sauce. Set aside.

In skillet, fry bacon until crisp; set aside on paper towel. Drain fat from pan.

Holding knife horizontally, slice each chicken breast through thickest part and open like book; pound to even thickness. Sprinkle with salt and pepper.

Cook in same skillet over medium-high heat, turning once, until nicely browned and no longer pink inside, 6 to 8 minutes.

Transfer to cutting board and slice. Slice tomato in half lengthwise; slice crosswise.

Spread Garlic Mayo over tortillas. Top with chicken, bacon, lettuce and tomatoes. Roll up; slice in half.

Apple Rhubarb Turnovers

PREP: 20 MINUTES
CHILL: 30 MINUTES
COOK: 30 MINUTES
MAKES 8 TURNOVERS

You will have more than enough icing, so you may want to drizzle on a little extra. If you're in a hurry, use 1 package (397 g) frozen puff pastry instead of making your own.

INGREDIENTS:

- 1 each large Golden Delicious apple and Granny Smith apple (1 lb/500 g total)
- 1 cup (250 mL) chopped rhubarb
- ¼ cup (50 mL) granulated sugar
- 2 tbsp (25 mL) all-purpose flour
- ½ tsp (2 mL) lemon juice
- ¼ tsp (1 mL) cinnamon
- Pinch each ground nutmeg and salt
- 1 egg

Pastry::

- 2½ cups (625 mL) all-purpose flour
- 2 Tbsp (25 mL) granulated sugar
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) cold unsalted butter, cubed
- ¾ cup (175 mL) ice water (approx)

Cream cheese icing:

- 1 cup (250 mL) icing sugar
- ¼ cup (50 mL) cream cheese, softened
- 2 tsp (10 mL) lemon juice
- 1 tsp (5 mL) water

METHOD:

Pastry: In bowl, mix together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture is in large crumbs. Drizzle with water, tossing with fork until dough comes together and adding up to 2 Tbsp (25 mL) more water if needed. Divide in half; shape into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

On lightly floured surface, roll out each disc to 18- x 8-inch (45 x 20 cm) rectangle. Let rest for 5 minutes.

Cut each into 4 rectangles.

Meanwhile, peel, core and chop apples into ¼-inch (1 cm) chunks.

In bowl, toss together apples, rhubarb, sugar, flour, lemon juice, cinnamon, nutmeg and salt. Spoon about ⅓ cup (125 mL) onto half of each rectangle. Fold remaining half over filling to enclose. Press edges with tines of fork to seal.

Whisk egg with 2 tsp (10 mL) water; brush over turnovers. Bake on baking sheet in 425°F (220°C) oven until golden, 30 to 35 minutes. Let cool completely.

Cream cheese icing: In bowl, beat together icing sugar, cream cheese, lemon juice and water. Using fork or pastry bag with fine tip, drizzle icing over turnovers.

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Classic vinos

I hope that you're having a great day because I sure am. As you read this I'm in Italy — my second favourite country on Earth. I'm here in Verona (in the country's northern province of Veneto) for Vinitaly: One of the world's largest wine shows and, for the next few days, the home of just about every major Italian winemaker.

Romeo and Juliet got their groove on in Verona and the city's surrounding grape growing regions of Soave, Bardolino and, of course, Valpolicella are some of the most famous and familiar in Europe.

Of the zillion things to love about Italy, the relaxed pace is close to the top of my list and there isn't a wine that goes better with doing nothing than Amarone. Made in Valpolicella from dried grapes, it's called the conversation wine because it's a rich, full-bodied sipper (which can be dry or sweet) that goes better with some cheese and a chat than it does with a major meal.

Masi's 2005 Costasera Amarone Classico ($37.95 - $49.99) typifying the full-figured, raisin-infused drier styles, with **Cantina di Negrar's 2005 Amarone della Valpolicella Classico** ($34.95 - $40.99) balancing a similar depth with more of a plum influence.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Hirsch joins Darkest Hour

Emile Hirsch appears to have jumped aboard alien invasion thriller The Darkest Hour. The 28 Days Later-style film sees a group of travelling American teens in Russia caught up in a battle against marauders from the stars. **EMPIREONLINE.COM**

Entertainment

Much more Miley

Miley Cyrus will perform and co-host the 2010 MuchMusic Video Awards on June 20. "I can't wait to get back to Canada and perform for all of my fans," she said.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Junos sing a different tune

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Almost every year the Juno Awards ceremony ends up a huge disappointment.

When Celine Dion was nominated for six awards in 2008 and Nickelback for five the year after, I just couldn't find the energy to tune in and watch the show. This year's event in St. John's, N.L., is a different story.

Despite Michael Bublé being up for six awards, this may be the most diverse, and representative, list of contenders in years. You can see who's nominated for what at junoawards.ca, but the likes of Metric, Joel Plaskett, Handsome Furs, Billy Talent, Justin Bieber, Arkells and Drake are all up for hardware.

In the past it was easy to call the winners — Nickelback or Celine Dion — but this year there's no clear champion. So, I'll probably get this wrong, but for fun, let's try to pick some of this weekend's victors.

JUNO FAN CHOICE AWARD Easy, that one's going to Nickelback. (Somehow they're still getting nominated for an album that came out in 2008.)

SINGLE OF YEAR These are all great songs, but I'm going with Drake's Best I Ever Had. While he's got the international cred that often woos the Canadian Recording Arts and Sciences members, this smooth, mid-tempo hip-hop tune really is award worthy.

ALBUM OF THE YEAR I'd like it to go to Billy Talent's III, a solid rock record that's more Sabbath than pop-punk, but Bublé's going to win. Crazy Love topped both the U.S. Billboard chart and Canada's music charts and it's actually a pleasant listen.

ARTIST OF THE YEAR This one's going to Bublé. With six nominations, the Juno voters clearly think Bublé's a step above the rest. And he's also the only nominee to appear on Oprah this year. That feat alone deserves an award.

Canadian hip-hop star Drake could take home the Juno for new artist of the year.

GROUP OF THE YEAR I want Metric to win. Their haunting new wave-ish Fantasies is their best effort since 2003's Old World Underground and it's far better than Hedley's juvenile pop-punk or the Hip's tired beer rock. However, Billy Talent's hard-hitting third record, will win.

NEW ARTIST OF THE YEAR This category is really between two people — Drake and Justin Bieber. The former is the hottest rapper in the hip-hop space right now; the latter is the biggest star in the pop world. It's too close to call, but I'd like to see Drake win. Bieber will sweep the Junos in 2011.

ALTERNATIVE ALBUM OF THE YEAR Metric will win this one, but I think the Handsome Furs' Face Control is the best of the bunch. It's gritty, catchy indie rock and easily one of the top albums of 2009.

POP ALBUM OF THE YEAR This category belongs to Bieber. Whether you like him or not, his saccharine pop melodies are a lot better than Hedley's.

ROCK ALBUM OF THE YEAR Billy Talent for sure. If Nickelback wins though — for 08's Dark Horse — I'm turning the Junos off.

RAP RECORDING OF THE YEAR Tough to call. K'Naan's Troubador wasn't just a fantastic album, he's become an international sensation. Drake has two chances to win this category though and with his popularity soaring, he's going to take the prize.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

Defendor

Director: Peter Stebbings

LOOK UP IN the sky! Is it Kick-Ass? No, it's Defendor, arriving on DVD before its like-minded rival hits the big screen on Friday.

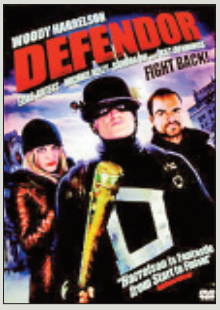
Woody Harrelson has rarely looked better and Hamilton has never seemed so heroic, in this comic-book drama of a duct-taped vigilante out to wipe the grime off his filthy city.

As the eponymous Defendor, a non-superhero decked out in tights, shoe polish and other dollar-store dressings, Harrelson's character risks both beatings and smirks. He's prowling the streets searching for Captain Industry, the man he's convinced killed his mom.

In real life he's Arthur Poppington, civic employee, and he has a perilous grasp on reality at the best of times, as his psychiatrist (Sandra Oh) knows all too well. Yet Defendor is as sane as any other costumed avenger. And you've got to admire his bravery and essential decency that survives even when it seems he may not.

He befriends a junkie prostitute (Kat Dennings) and makes an enemy of a corrupt cop (Elias Koteas).

Vancouver writer/director Peter Stebbings makes



an impressive feature debut with an idea that reflects its comic-book inspiration in look and tone, yet still qualifies as a serious and occasionally touching character study.

Pirate Radio

Directors: Richard Curtis

IF THERE were awards handed out for the most badly bungled concept, Pirate Radio would have to be very much in contention. Musical rebellion on the high seas run aground in the sentimental tosh of Richard Curtis, the man who gave us Love, Actually and who wrote Notting Hill and Four Weddings and a Funeral.

There isn't a rockin' bone in the body of Curtis, the British sketch comedy writer turned feel-good filmmaker.

The cruel fates being what they are, he's the guy who gets to ruin this grand idea for a movie, loosely based on the true story of Radio Caroline, a rogue-ship radio station. It operated in the North Sea outside Britain during the stuffier part of the 1960s, when the state-owned BBC judged Perry Como to be safer for British ears than the Rolling Stones. Millions of mutinous rock fans disagreed.

Curtis is incapable of writing or directing a scene that has any greater tension than hopping into bed, planning a prank, muddling a marriage or pondering about paternity. Curtis assembles some of the finest talent on both sides of the Atlantic, and then proceeds to waste all of it.

But at least there are classic rock hits and semi-hits on the soundtrack, providing more energy and revolution than anything Curtis has ever come up with.

Peter Howell/for Metro Canada

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Shakira visits Haiti
Colombian pop star Shakira is meeting with Haitian earthquake survivors living in makeshift camps and she says she is searching for suitable land to build a school for needy children. METRO NEWS SERVICES

Meryl Streep

Streep joins Academy of Arts & Letters

HONOUR ROLL Meryl Streep has another academy to thank.

The star of films such as Sophie's Choice and Julie & Julia has been named an honorary member of the American Academy of Arts and Letters, an elite club that includes Toni Morrison, Stephen Sondheim and Jasper Johns. Not even two Oscars, seven Golden Globes and a lifetime achievement prize from the American Film Institute prepared Streep for this.

"I have to say that I was stunned, and when they sent me the roster of people in the academy I just burst into tears," Streep said. THE ASSOCIATED PRESS

Hit Girl shows fighting spirit

13-year-old Moretz dismisses controversy over Kick-Ass role

PHIL BROWN
for Metro Canada

You might not know the name Chloë Moretz right now, but all of that will change very soon.

The 13-year-old actress already has more than 30 film and television credits to her name, but her breakout role comes this week in the soon-to-be cult classic Kick-Ass.

In that tale of would be superheroes, Moretz plays Hit Girl, a pint-sized assassin whose father (Nicolas Cage) quickly moved her from potty training to fight training, turning her into one of the deadliest women in the world at 11 years old. It's the type of role that doesn't come along often for such a young actress and one that is sure to bring Moretz plenty of fame and notoriety.

Kick-Ass opens in theatres Friday

Chloë Moretz, right, dishes out the action as Hit Girl in Kick-Ass.

For Moretz, the road to Hit Girl started in the summer of 2008.

"I saw all the posters for Wanted and even though I wasn't allowed to see the movie, I knew I wanted to do an action movie like Angelina Jolie. So, I told my mom that I wanted that kind of role," Moretz told Metro.

Luckily for the young actress a screenplay was floating around for Mark Millar's then unpublished comic book series Kick-Ass that needed a little girl to beat up henchmen and let off a few explosions.

Moretz and her family fought for the role and she was lucky enough to be cast in the film a mere few months after she had been admiring Angelina Jolie's posters. From there, the serious preparations for the role began.

"I did about six months of fight training," revealed the actress. "I went to the Toronto circus school. I worked at tumblers, I worked with martial artists and marines. It was pretty crazy, but I'm a ballerina and a gymnast so I'm used to it."

All the work clearly paid off as Moretz dominates some of the most giddily violent action scenes in recent memory.

Unfortunately, not everyone has been thrilled by Moretz's performance as Hit Girl. Since the film premiered in Britain a few weeks ago, controversy has built up around the role, with a variety of journalists claiming that having such a young actress involved in violent scenes is incredibly irresponsible.

The issue doesn't really seem to bother Moretz however, who dismisses the critics.

"It's just a film. We all knew what we were doing and everything that I did in the film was in the script," Moretz said.

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Vatican finally makes peace with the Beatles

The Vatican has finally made peace with the Beatles, saying their drug use, "dissolute" lives and even the claim that the band was bigger than Jesus are all in the past — while their music lives on.

ASSOCIATED PRESS FILE PHOTO

John Lennon of the Beatles, centre, is flanked by bandmates George Harrison, left, and Ringo Starr as he apologizes for his remark that "the Beatles are more popular than Jesus."

Vatican newspaper L'Osservatore Romano paid tribute to the Fab Four in its weekend editions, with two articles and a front-page cartoon reproducing the crosswalk immortalized on the cover of the band's album Abbey Road.

The tribute marked the 40th anniversary of the band's breakup.

"It's true, they took drugs; swept up by their success, they lived dissolute and uninhibited lives," said the paper. "They even said they were more famous than Jesus," it said, recalling John Lennon's 1966 comment that outraged many Catholics and others.

"But, listening to their songs, all of this seems distant and meaningless," L'Osservatore said.

It is not the first time the Vatican has praised the legendary band from Liverpool.

Two years ago, Vatican media hailed the Beatles' musical legacy on the 40th anniversary of the White Album. And last month the Vatican paper included Revolver in its semiserious list of top-10 albums.

Now, L'Osservatore says that the Beatles' songs have stood the test of time, and that the band remains "the longest-lasting, most consistent and representative phenomenon in the history of pop music."

Giovanni Maria Vian, the editor in chief of L'Osservatore Romano, said yesterday that he loves the Beatles. He said that at the time of Lennon's sensational statement, Osservatore "commented that in reality it wasn't that scandalous, because the fascination with Jesus was so great that it attracted these new heroes of the time."

THE ASSOCIATED PRESS

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Marilyn's shrink couch up for bidding

Just when you thought every last bit of Marilyn Monroe had been put up for auction, along comes the couch from her shrink's office. Julien's Auctions says the sofa will be offered June 26 and 27 during the Hollywood Legends auction at Planet Hollywood Resort and Casino Las Vegas. THE ASSOCIATED PRESS

Polytechnique walks aways with 9 Genies

AWARDS Polytechnique, director Denis Villeneuve's look at the 1989 Montreal Massacre, swept the 30th annual Genie Awards last night.

The film received nine awards from the Academy of Canadian Cinema & Television, including best motion picture, directing, and screenplay.

Polytechnique actress Karine Vanasse received the best actress Genie during the award presentation in Toronto.

Dawson Creek alumnus Joshua Jackson took home the award for best performance by an actor for his work in the road movie One Week.

Also receiving a Genie was Kari Skogland, who earned the screenplay prize for Fifty Dead Men Walking.

A number of special awards were presented at last night's ceremony, including the Claude Jutra Award, which was given to first-time Quebec director Xavier Dolan.

METRO NEWS SERVICES

Brand of Aussie brothers

The Edgertons put their own stamp on thriller The Square

NED EHRBAR
Metro World News

Hollywood has been seeing something of an Australian invasion lately, with actors like Sam Worthington, Liam Hemsworth and Alex O'Laughlin vying for attention at multiplexes this spring.

The influx from Down Under continues with the release of The Square, the debut feature from brothers and multi-hyphenates Nash and Joel Edgerton.

Directed by Nash and co-written and co-starring Joel, The Square is a twisty, gripping noir thriller about an average man (David Roberts) making a series of terrible yet believable mistakes in an effort to run away with his mistress (Claire Van der Boom). For the Edgertons, that believability was key in making a successful modern-day noir.

"It's kind of mundane and real," Nash explains.

Australian actor Joel Edgerton, above, stars in The Square while his brother Nash directs the twisty thriller from Down Under.

"It's all about keeping the relationships real and complicated and grey. If you're believing what's happening, then the shocks and surprises are actually shocks and surprises."

But for the filmmaking brothers, it was all about working with a tiny budget, something Joel admits is quite common in Australia.

"We always joke that your script starts with a car chase, and by the time you're in pre-production it's become a foot chase, then by the time you're shooting it's become two guys shoving each other, and then by the time you see the film it's just an argument," he says.

Luckily, they both have extensive experience in film, both in front of and behind the camera. While Joel has been gaining ground as an actor — most recently going up against Cate Blanchett in an Australian production of A Street Car Named Desire — Nash got his start as a stuntman. On several occasions, Nash has doubled for Joel.

"I've turned up on film sets and been his stunt double — dressed up like him and then been hit by a car for him while he's all rugged up having a coffee, chatting to a makeup artist," Nash says. "I'm like, how did this happen?"

The Square opens Friday

While the Edgertons are more than pleased to gain exposure on this side of the Pacific, with Joel currently filming a prequel to The Thing, their main focus is on growing the film collective they started in Australia, Blue-Tongue Films, which co-produced The Square as well as their previous short films.

"Being an actor in L.A., I've noticed a lot of the things being green-lit now are all just brand names. Everything seems like a reboot or a franchise or something," Joel explains. "What Blue-Tongue does for us is it becomes our own sort of brand name."

Jane Lynch getting hitched

Jane Lynch, 49, confirmed Saturday that she and her longtime girlfriend are engaged, usmagazine.com reports, but the pair haven't yet set a date for the wedding. TVGUIDE.COM

The cast of Glee performs one of their hit numbers on the popular TV musical comedy.

The Glee formula

TV musical enjoying immense success

Glee, the award-winning musical comedy about a misfit high school show choir, might be doing more for music than its fellow Fox juggernaut, American Idol.

In its first 13 episodes, Glee treated viewers to covers of songs by Neil Diamond, Rihanna, Kanye West, Barbra Streisand, Beyoncé, Queen, Liza Minnelli and more.

The music from Glee is a huge success in its own right, with more than 4 million digital downloads sold and two soundtracks already certified gold.

A nationwide tour, Glee Live, featuring key members from the show's cast, kicks off in May and has sold out, and the show is boosting sales for the original artists behind the songs. Its stars are even featured on the current issue of Rolling Stone.

When the hourlong hit returns tonight for a nine-episode run, expect twice the tunes per show and even more mash-ups and musical diversity.

"Every possible musical style and taste is going to be in there," says Glee co-creator Brad Falchuk. "It doesn't matter what you like — you're going to find what you like and stuff you never heard of that you'll love."

Glee returns tonight on Global

But the commercial success of the Glee songs wasn't a reason for the boost, he says. Instead, the decision was made because the music greatly enriches the show by giving viewers an emotional understanding of what the characters are going through.

Falchuk says he and fellow show creators Ryan Murphy and Ian Brennan intentionally upped the number of songs to a minimum of five per episode for the balance of the first season (three to five had been the norm).

This season, the characters will express their joy and frustrations through the songs of acts like AC/DC, the Beatles, Lionel Richie, Olivia Newton-John and Madonna.

In fact, Madonna gets her own entire episode — a tribute to the Material Girl packed with 10 songs, seven of which appear on a separate soundtrack, Glee: The Power of Madonna, set for release April 20.

Practically every member of the show's cast can and does sing, recording their songs regularly at the storied Jim Henson Studios in Los Angeles.

The dozen actors comprising McKinley High School's New Directions glee club sing several songs each episode, while other stars — including caustic cheerleading coach Sue Sylvester (Jane Lynch), cranky football coach Ken Tanaka (Patrick Gallagher) and neat-freak guidance counsellor Emma Pillsbury (Jayma Mays) — chime in from time to time.

Producer Adam Anders arranges, records and mixes all the featured tracks — sometimes as many as 10 a week.

"I have eight studios going at all times on Glee," says the 34-year-old, who counts Disney's High School Musical among his credits.

He works around the clock to craft the songs, usually a couple weeks before each episode is shot. When the episode airs, he knows immediately which songs are hits by simply clicking on iTunes. "As a songwriter or producer, you never get that kind of instant reaction," Anders says. "It's really cool."

Some bands covered on Glee have seen a resurgence in their own popularity. The cast's version of Journey's Don't Stop Believin hit No. 1 on iTunes when the show premiered and helped return the 1981 original to the charts.

THE ASSOCIATED PRESS

Willard's parody

TELEVISION Fred Willard says he enjoyed playing a fictional talk show host's sidekick on ABC's Castle. But he briefly pondered whether the episode might irk any real late-night hosts.

Fred Willard

In Monday's episode, a TV host is killed and those under suspicion include a younger man who's angling for his job. Tom Bergeron of Dancing with the Stars plays the veteran, Bobby Mann, with Bill Bellamy as the contender.

Willard says the situation, although exaggerated, brings to mind the Jay Leno-Conan/O'Brien late-night flap on NBC.

But Willard decided the parody wouldn't be considered offensive by either Leno or O'Brien. Besides, "everything bounces off Jay," he added. Willard will also guest star on ABC's Modern Family and NBC's Chuck this month.

THE ASSOCIATED PRESS

Elizabeth Taylor denies engagement rumours

"The rumours regarding my engagement simply aren't true," Tweeted Elizabeth Taylor in response to online reports she planned to tie the knot for the ninth time with her manager Jason Winters. PEOPLE.COM

Veteran television journalist Bryant Gumbel.

Gumbel: TV's real sports host

Events such as the Masters golf tournament remind Bryant Gumbel why he hosts Real Sports on HBO.

The monthly newsmagazine marks 15 years on the air this week, standing even more alone as a home for strong television journalism than it did in 1995.

But Real Sports almost didn't get the chance to reach its 15-year milestone. When Gumbel worked at NBC, its executives were fine with him moonlighting at HBO. But when he shifted to CBS, leaders wanted him to stop when his contract ended.

Instead, Gumbel agreed to eliminate some perks in his contract in return for keeping the show alive.

To a certain extent, Real Sports is a misnomer. Its stories must have a connection to sports, but they often aren't about sports.

Gumbel is proud of his Emmy Award-winning story on Marcus Dixon, a college-bound athlete jailed on an abuse charge when he had consensual sex with a young woman, which resulted in his release.

A recent feature about a blind skier was less about skiing than about how he responded to an operation to restore some sight.

The show's report on dog fighting in the wake of quarterback Michael Vick's conviction illustrated not only the brutality of the practice but the reasons it was popular in some cultures, said A.J. Daulerio, editor-in-chief of the sports Web site Deadspin.

"It's probably the only thing we have in sports journalism right now that is the equivalent of 60 Minutes," Daulerio said.

There are profiles — one recent one on Michigan State men's basketball coach Tom Izzo — and humorous pieces such as a backstage look at the Westminster dog show.

Last month, Gumbel reported on the lives of two transsexual sportswriters following the suicide of Los Angeles Times sportswriter Mike Penner, who had changed his name to Christine and began living as a woman.

He had returned to calling himself Mike shortly before his death. Gumbel said it was the most emotionally involved he has ever gotten in a story.

The longtime Today show host, who considers himself semiretired except for the monthly Real Sports, ends each show with a commentary.

January's closing words ripped Mark McGwire about his "phoney non-apology" for steroid use.

"We've tried to do things that are important and hope that people pay attention to," Gumbel said, "and if they arrive late to the party, that's fine, too."

Gumbel, 61, recently suffered his own health scare. He had surgery last fall to remove a malignant tumour from his chest, along with part of his lung.

"I'm OK," he said. "Life continues to be a challenge, but I'm all right. I look forward to getting well."

He recently signed a new four-year contract with HBO, and said that might be it. "When it's over, I think we'll be in our 20th year and I'll be 65," he said. "That all kind of has a nice ring to it. On the other hand, I never say never."

THE ASSOCIATED PRESS

Chamberlain returns to L.A. and TV

PEOPLE Richard Chamberlain is back in Los Angeles after leaving behind his Hawaiian "dream house," and he says the move has proved a good one.

Chamberlain quickly landed a role in the TNT series Leverage, playing a dashing thief named Archie Leech. The character is a tip of the hat to Cary Grant, born Archibald Leach, and his role in Alfred Hitchcock's classic To Catch A Thief.

"I wouldn't dream of trying to do a Cary Grant takeoff, but he (Leech) is very well-dressed, in any case, and kind of sophisticated," Chamberlain said.

Richard Chamberlain

He was scheduled to begin filming Monday in Portland and said there's a chance for future appearances on the drama. "Unless I muck it up," Chamberlain added, lightly.

After spending four years building an oceanfront home on Maui, Chamberlain said he realized "nothing's happening here" and headed back to the entertainment industry's L.A. base. A new management firm "suddenly came up with all these possible jobs," he said.

Chamberlain's longtime partner, actor-producer Martin Rabbett, has stayed in Hawaii for now but may move to San Francisco, which will mean "a relationship by commute," he said.

Besides the Leverage episode, which will air this summer, the Dr. Kildare and Shogun star has been cast in an independent, playing a priest.

"A less naughty priest" than he played in The Thorn Birds, Chamberlain said, referring to the hit 1983 miniseries in which a young woman falls in love with her family's priest.

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O'Brien inks TV deal

Comedian to once again host late-night show this fall

Conan O'Brien, who counted his viewers in the millions on NBC's Tonight show, was playing to a crowd of 2,500 — and no TV cameras — as he opened a two-month comedy tour Monday.

But his absence from television will be short-lived. Just hours before O'Brien took the stage, it was announced that he will host a late-night show on TBS starting as early as November.

George Lopez, already in the cable channel's lineup, will move his show to midnight to make room for O'Brien at 11 p.m. Eastern.

For fans, the tour provides a chance to see the star in person and discover how he performs unfettered by network broadcast standards.

For O'Brien, who joked he's trying to avoid helping around the house since leaving Tonight, barnstorming 30 cities, including Vancouver tonight, may help build the case for his return to TV.

Fox affiliates — wary of letting the network take over late-night time slots currently filled locally by profitable sitcom reruns and news — are first in line among those he needs to lobby.

O'Brien is also eyeing a possible switch to cable or syndication. He'll have a chance to hone his stage act in the Northwest before he hits bigger cities (He stops in Toronto May 22; Los Angeles, April 24-25; New York, June 2-3; and Atlanta June 14). With tickets priced from $40 and up, The Legally Prohibited From Being Funny on Television Tour is virtually sold out.

To recap the late-night action: O'Brien took over Tonight from Jay Leno last May, executing a five-year-old NBC succession plan that failed to consider Leno might still be the ratings winner. With a desire to keep Leno in the fold, NBC tried a primetime show with him that quickly flopped and drew affiliate ire. Then things got really messy: The network asked O'Brien to shift Tonight a half-hour, to midnight, to make room for a half-hour of Leno.

O'Brien refused and walked, taking with him a $32-million settlement as part of a deal that bars him from performing on TV until September and reportedly keeps him from publicly disparaging NBC — something in which he rejoiced as his career at the network unravelled.

Although O'Brien's audience of about 2.5 million was half what Leno had drawn on Tonight, it included more of the young adults that advertisers favour and will pay more to reach.

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Wood's wife visits ailing mom

Elin Nordegren was spotted boarding a private jet in Orlando, Fla., solo on Sunday. "Elin's mother is having private treatments in the U.S.," a source says about Nordegren hopping a flight to pay her ailing mom a hospital visit. PEOPLE.COM

Junos party on the Rock

The Great Lake Swimmers' Lost Channels is nominated for the Juno Award for Roots & Traditional Album Of The Year: Group.

Tony Dekker of the indie group Great Lake Swimmers fondly recalls a moment that crystallizes why he thinks St. John's is an ideal site for a week-long Juno Awards party.

He finally made it last year to this windswept island city in the North Atlantic to launch his Juno-nominated album, Lost Channels. The band had just played a sold-out show at legendary local tavern The Ship when a kitchen party-style jam session broke out.

The Juno Awards air Sunday on CTV

"We were at the bar and some people had brought a couple of instruments," Dekker said from Toronto. "Everyone was very willing to pick up an instrument and just play along.

"If I take one thing away from St. John's, it would be that for sure. We played late into the night with our new friends there.

"It was almost like there was a real sense of family, a real sense of community. It was stronger there, I think, than in other places."

Junos organizer Melanie Berry has heard the same sentiment from musicians of all genres who will go far out of their way to play St. John's.

The awards rotate among Canadian cities and were last held in Newfoundland and Labrador in 2002. Nominees are especially eager to attend events leading up to the April 18 televised gala, Berry said.

"I think it's the vibrancy of the culture, the love of music — that's so apparent to anybody who comes there. And I think that's probably what resonates with the musicians, why they want to go.

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Spielberg working on animated TV series

The Discovery Channel says it is working with Steven Spielberg on an animated series imagining life in the future. The network said that Future Earth will be a miniseries showing what life might be like in 25, 50 and 100 years. THE ASSOCIATED PRESS

Cameron, Weaver protest Brazil dam

AMAZON Director James Cameron and actress Sigourney Weaver are in Brazil to protest against a proposed dam in the Amazon that would be the world's third-largest hydroelectric project.

The Hollywood celebrities were planning to join about 1,000 demonstrators in Brasilia's streets yesterday as they urged the government to halt the planned Belo Monte project.

Brazil's government says Belo Monte will provide much-needed clean energy for the country.

But Indian groups say they will be displaced by the dam. Environmentalists say its benefits won't make up for the damage to the jungle. THE ASSOCIATED PRESS

Hudson feeling comfortable

Crazy diets, Jennifer Hudson doesn't do. Crazy workouts? Now, that's something she can get into.

"I have a ball. It's fun," the 28-year-old said in a recent interview. "I remember one time I had a weight loss, and that's all I did all day was work out. I'd do the workout tape, I'd run up the steps for about 20 or 30 minutes, go outside, jog around the block, go to the gym — all in one day."

Though Hudson has lost pounds recently — a drop she credits to Weight Watchers, for which she is a new spokeswoman — she hasn't had all day to exercise of late. Not only is she the mother of an almost one-year-old son, she's working on the follow-up to her Grammy-winning debut CD, and she's also getting ready to start filming a biopic about South African activist Winnie Madikizela-Mandela, the ex-wife of Nelson Mandela.

Hudson spoke about the her music, learning to balance career and family, and her nervousness about perfecting that South African accent.

Q **Being in Hollywood, we hear so much about stars dieting. Was their pressure on you to do different diets?**

A No. For the most part, I've been asked to stay the same — "This is your image, this is who you are, you should stay here," which is fine with me. Again, I'm just as comfortable now as I was however many pounds ago, however many sizes ago. I never really felt pressure to say, OK, I need to be a size 2, a size 0. I don't want to be that, and I will never be that. And that's fine with me. So it was never, "OK I need to be this because this is the way Hollywood says you're supposed to be."

ANDREW H. WALKER/GETTY IMAGES

Jennifer Hudson is set to play Winnie Madikizela-Mandela, the ex-wife of Nelson Mandela, in an upcoming biopic.

Q **You're going to be playing Winnie Mandela in a new movie.**

A It's such an amazing honour. I'm so excited about it. Right now it's very fresh; just the preparation for it, it's getting pretty close, less than a month away or so, and then I'll head in to Africa and just be in that environment and hop into the character. So I'm very excited about it, very excited about it.

Q **Did you do a lot of research? Have you met her?**

A I haven't had a chance to meet her. I would love to. I've been looking at clips, reading books, anything I can find but I think what would benefit me the most is, of course, meeting her.

Q **Have you started working on a sophomore album yet?**

A I am in the recording process, at least 10 songs in. It's between film and music right now, working on the album, but it won't be out until September. I think it will definitely be a different direction and I'm so excited about that. I want this album to feel good. Just hearing the feedback from the music being heard. ... The reaction to it, I love it. So I'm like, wow, I want this album to be good, but I definitely want it to be very much me, and I just hope the fans embrace it. THE ASSOCIATED PRESS

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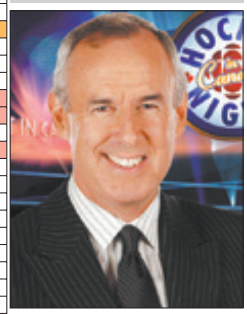
primetime	265	353	2	TVO	The Choir (Part 2 of 4)		The Agenda With Steve Paikin		Whitechapel (Part 3 of 3)		100 Greatest Discoveries		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Child's Play"		ET Canada	(9:28) Glee "Hell-o"		The Good Wife (HDTV)	
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	HNIC-Stanley Cup Countdown		Laughs	Comedy Fest.	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser Two contestants win a new car. (N)				Parenthood (HDTV) (N)		News
	212	313	8	CTV	Lost (HDTV) (N)		American Idol (HDTV) (Live)			Big Bang Th	Law & Order: SVU		CTV News
	218	345	11	CHCH	*I've Heard the Mermaids Singing* (1987)			*Thunderball* ★★★ (1965, Action) Sean Connery, Claudine Auger, Adolfo Celi.					News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Last Bride	Positive Living	To Serve and Protect		The Insider	Dream Car	Becker
	-	387	16	CBS	Stop Targeting	Access H.	NCIS "Child's Play"		NCIS: Los Angeles		The Good Wife (HDTV)		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser Two contestants win a new car. (N)				Parenthood (HDTV) (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars		Lost (HDTV) (N)		(10:02) V "John May"		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Dancing With the Stars		The Middle (N)	Old Christine	(10:02) V "John May"		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) (Live)			(9:28) Glee "Hell-o"	Seinfeld		Two/Half Men
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (N)		Frontline (N) (DVS)		Felix Kersten: Satan's Doctor		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Wilshire"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
	509	504	79	CNB	Kudlow Report (Live)		Inside the Mind of Google		MacHEADS		Biography on CNBC		Mad Money
sports	405	417	22	net	MLB Baseball Chicago White Sox at Toronto Blue Jays. From Rogers Centre in Toronto.						Hockeycentral (HDTV)		
	400	400	30	TSN	Stanley Cup '10 Fantasy		NHL Lottery		Stanley Cup Playoffs '10: Playoff Preview		SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV)		Dangerous Drives (HDTV)		Pass Time
family	551	542	25	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	Gossip Girl (HDTV) (N)		Degrassi: TNG	Degrassi: TNG	disBAND	Muchmusic Countdown			UR11
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Caritas	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	G. Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	Relic Hunter		*All the Good Ones Are Married* (2007, Drama)				Californication	(10:45) NCIS "Cloak"	
	620	523	40	BVO	Live at the Rehearsal Hall		Chantal -- Live at the Pyramids				Spectacle: Elvis		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Aftermath "Red Giant"		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Weather
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*The Wood*
	576	582	49	BET	106 & Park	*ATL* ★★ (2006, Comedy-Drama) Tip Harris, Lauren London.					Tiny & Toya	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (N)		Fringe (HDTV PA) (N)		InnerSpace (N)
	581	566	52	MTV	After Show	Cribs	Cribs	16 and Pregnant	"Leah"		16 and Pregnant (N)		After
	618	524	54	TROP	The Celebrity Apprentice (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing Groom disappears.		Medium		Cold Case		Psychic Inv.
	300	601	301	M1	(7:15) *Monsters vs. Aliens* ★★ (2009, Adventure)				*Leatherheads* ★★ (2008, Romance-Comedy)				*Hellboy-Army*
	305	612	306	PIX	*Rock Star*	(7:20) *It's All Gone Pete Tong* (2004)			*Dave* ★★★ (1993, Comedy) Kevin Kline, Frank Langella.				*Palmer's Bone*
	520	146	-	DISC	Daily Planet (N)		Egypt Unwrapped (N)		Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	FashionTelevision: Fashion		FashionTele	RAW	FT Found Footage		America's Next Top Model		Fashion-Uncut

critics'corner

Hockey Night in Canada on CBC: Stanley Cup Countdown

Host Ron MacLean and analysts Mike Milbury, Kelly Hrudey and P.J. Stock are on hand to kick off the NHL postseason with a look at the upcoming conference quarterfinal series. The action begins tomorrow and ends, of course, with the Stanley Cup Finals in late May. 8 PM on CBC



NCIS: Los Angeles

A petty officer's death leads the team to a teenager in Sam's life who may have a connection to terrorist activity. Hetty is concerned about the effect that the workload has on the team. Peter Cambor and Daniela Ruah also star in "Breach." 9 PM on CBS

Parenthood

Adam tries to spend more time with his family but finds that even more challenging than he had feared. Sarah's relationship with Mr. Cyr exceeds her expectations. Kristina and Julia re-evaluate their career choices in the new episode "What's Goin' On Down There?" 10 PM on NBC

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Mills' estranged dad wants to re-connect
Heather Mills' father has begged his estranged daughter to get back in touch with him, femalefirst.co.uk reports. Mark Mills has not spoken to the charity campaigner for 25 years and is desperate to be reunited her. METRO NEWS SERVICES

Celebrity Buzz

Oprah, Tesh dated

PERHAPS HE CAN WRITE HER A BAD LOVE SONG ON HIS PIANO Long before she was a billionaire media mogul romantically linked to Stedman Graham, young Oprah Winfrey reportedly had a different boyfriend: John Tesh, usmagazine.com is reporting.

In a new, unauthorized Winfrey tell-all, celebrity biographer Kitty Kelley claims that Winfrey and the one-time Entertainment Tonight co-host were lovers who shared an apartment in Nashville, Tenn., in the mid-1970s.

According to New York's Daily News, an excerpt from the book reveals that Tesh, now 57, abandoned Winfrey, now 56, because of the intense "social pressure" of their interracial romance.

"(He) couldn't take it anymore … He walked out in the middle of the night … he told me he later felt very guilty about it," a Tesh source told Kelley in the book.

The pair both had broadcast TV jobs in Nashville at the time. Tesh, now a New Age musician and syndicated radio host, appeared on the 10th anniversary of Winfrey's show, when Winfrey claimed that they had simply shared a "platonic dinner date."

Another topic explored in Kelley's book: speculation about Winfrey's relationship with friend Gayle King.

"I know people are expecting me to 'out' her," Kelley tells USA Today. "But I think she's just asexual. She's poured all of her energies into her career. And if she is, she is never, ever going to come out. So relax, people."

METRO NEWS SERVICES

Paris dumps Reinhardt

I GUESS HE WASN'T HOT ENOUGH FOR HER Paris Hilton has reportedly split from Doug Reinhardt, femalefirst.co.uk reports.

The socialite reportedly called time on their 14-month romance recently, despite speculation they are planning to marry. A source said: "Obviously she broke up with him."

Hilton, 29, was seen partying in Las Vegas last weekend and Reinhardt was reportedly planning to fly out to see her on his way back from a family holiday to Aspen, but decided not to at the last minute.

The source added to E! Online: "He was in Aspen with his dad this weekend and was considering stopping by Vegas on the drive back, but changed his mind.

"I'm pretty sure that's why he went to Aspen … to hide out and try to get over her."

Hilton chose to spend time with her parents, Kathy and Richard, at the weekend and even went clubbing in Vegas with them.

She tweeted: "Just packing my bags, going on a trip with my parents for a few days. I love spending time with my family, we have the best time …"

METRO NEWS SERVICES

Pregnancy stressed Tiger

WOODS' PILLOW TALK GETS PERSONAL Devon James, the 15th confessed mistress to come forward about having an affair with Tiger Woods, says the golf great confided in her that wife Elin Nordegren's 2007 pregnancy left him feeling stressed, according to Rush & Molloy.

"He told me he wasn't happy at home. He said that he was frustrated and depressed, that his wife didn't sexually satisfy him, that he wasn't attracted to her very much anymore," James says.

"He told me the only two things he cared about are golf and sex."

METRO WORLD NEWS

Miller, Law engaged

JUST KEEP HIM AWAY FROM ANY NANNIES YOU HIRE Sienna Miller and Jude Law's reconnection seems to be working, as the pair are reportedly once again engaged to be married, according to the Daily Mail.

Miller was recently spotted wearing the engagement ring Law gave her the first time he proposed in 2005 — only it wasn't where it should be.

"They do not want to make the engagement official, which is why Sienna is wearing the ring on the wrong hand," a source explains.

"They are keeping it secret, but are very happy and really hope it's going to work out. Jude has been to visit Sienna's parents and her sister Savannah and has worked hard to redeem himself." METRO WORLD NEWS

Lohan gets sweaty

DANCING UP A STORM Lindsay Lohan had so much fun dancing at the recent Nylon magazine 11th anniversary party in Hollywood that she sweated through the flesh-colored studded mini dress was wearing.

Luckily, she had a backup on hand and quickly changed into a black-and-white number an hour later, according to Page Six.

"People were confused," a source says of the quick change.

METRO WORLD NEWS

Boyle looking for love

GETTING TURNED DOWN BY A SENIOR HAS GOT TO HURT THOUGH Susan Boyle is adjusting to fame and success, and is now focusing on finding love, she confesses during an Australian TV interview.

"I go on looking. Some day my prince will come. But I have never been in a better place. It's absolutely brilliant for me right now," the Britain's Got Talent sensation says.

The 49-year-old admits she recently asked out a fellow churchgoer, 66-year-old Helmut Glaser, but he turned her down because he thought she was too old. METRO WORLD NEWS

McCarthy split shocks Hef

IF ANYONE KNOWS ABOUT MONOGAMY IT'S HUGH Count Hugh Hefner as one of many who were surprised by Jenny McCarthy and Jim Carrey's recent split, people.com reports.

"I don't think any of us saw it coming. From the outside looking in, it looked like a magic couple," the Playboy founder told People. "I thought she found the right one."

Hefner has not spoken to McCarthy, 37, a former Playboy centerfold and 1994's Playmate of the Year, since the split, but is confident she will be fine, saying, METRO NEWS SERVICES

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CelebTweets

AIMEE MANN isn't impressed with Ice-T's acting, **ICE-T** isn't impressed with Aimee Mann in general, **AMANDA BYNES** is easily entertained, and **TOM HANKS** is star-struck.

@aimeemann
Christ, there is no reason in the world anyone should ever have cast Ice T in a television show
@FINALLEVEL
Hey @aimeemann stop worrying bout my acting b–ch, and worry about your WHACK ass music.
@amandabynes
twitter is currently my favorite source of entertainment.
@tomhanks
Cool job. Evidence: phone call from PAM GRIER!

METRO NEWS SERVICES

No sex life, no problem for Gaga

ALL THE COOL KIDS ARE INTO CELIBACY Lady Gaga admits she's going without sex at the moment, according to the Daily Mail.

While promoting a new line of Mac lipstick that benefits HIV and AIDS prevention, the pop singer divulged that she's currently abstaining, saying, "I'm single right now and I've chosen to be single because I don't have the time to get to know anybody. So it's OK not to have sex, it's OK to get to know people. I'm celibate. Celibacy's fine."

METRO WORLD NEWS

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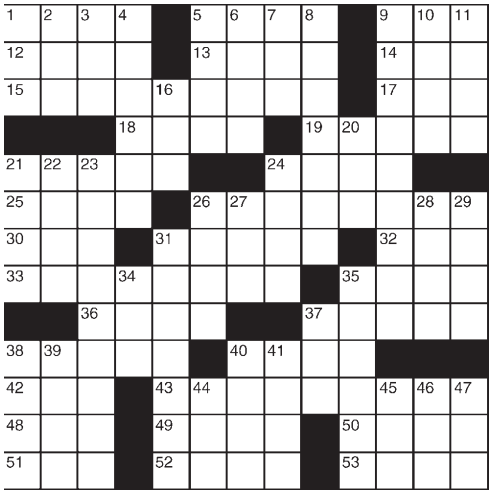

ACROSS

1 Cavern phenomenon
5 Detail, for short
9 Hooter
12 Mentor
13 Calendar quota
14 — constrictor
15 Stubborn
17 Tackle moguls
18 Tress
19 Old hat
21 React to a pun
24 Rickey flavoring
25 Red rock
26 Shun liquor
30 Officeholders
31 Aegean island
32 Geneticist's stuff (Abbr.)
33 Miscellaneous remnants
35 Abysses
36 Predetermines the outcome
37 Permissible
38 Quark-binding particle
40 Adolescent
42 Common Mkt.
43 Hurdles
48 Profit
49 Equine coloration
50 Relaxation
51 Curvy character
52 Taj Mahal city
53 "Clue" weapon

DOWN

1 Id counterpart
2 Young lion
3 Day fractions (Abbr.)
4 Expenditure
5 Harmonization
6 Pinnacle
7 Dine on
8 After-movie listings
9 Of childbirth
10 Stopped sleeping
11 Deposited
16 "And — the opposite shore will be"
20 I love (Lat.)
21 Crossword diagram, e.g.
22 Mysterious character
23 Blocks
24 Some summer babies
26 Body art, for short
27 Ostrich's cousin
28 Opposed to
29 Final
31 Mrs., in Milan
34 Brazilian resort city
35 Lobster claw
37 Meadow
38 Kelly or Autry
39 Dregs
40 Despot
41 Sicilian volcano
44 Marshy area
45 "The Circus of Dr. —"
46 Kreskin's claim
47 Catch sight of

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7		5	8	3		9	
4								5
		9				2		
6	3		2		1		7	9
				5				
7	9		6		8		5	4
		3				5		
8								1
	6		1	9	4		8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	2	9	6	1	8	7	5	3
3	1	5	9	7	4	6	2	8
6	7	8	5	2	3	1	4	9
9	8	4	7	3	5	2	6	1
7	3	2	4	6	1	9	8	5
1	5	6	2	8	9	3	7	4
5	6	3	1	4	2	8	9	7
2	9	1	8	5	7	4	3	6
8	4	7	3	9	6	5	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Blue Cheese Ham Wraps

INGREDIENTS:

4 flour tortillas
12 thin slices deli ham
4 thin slices Swiss cheese
1 1/2 cups shredded lettuce
1 medium tomato, diced
2 hard-cooked eggs, chopped
4 tsp blue cheese salad dressing

METHOD:

1. On each tortilla, layer a quarter of ham, Swiss cheese, lettuce, tomato and eggs.

2. Drizzle each with 1 tsp dressing; fold in sides.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You see things in such a clear and logical way, so why can't other people? Whatever the reason you will have to spend time explaining things to them.

TAURUS ♉
APRIL 21-MAY 21
Is money really so important? Could you survive on less? These are the kind of questions you will be asking today, but deep down you know the answers.

GEMINI ♊
MAY 22-JUNE 21
You like a bit of excitement but by the end of the week you will be ready for a rest. The next few days will be full of fun. It's all go!

CANCER ♋
JUNE 22-JULY 22
Take a deep breath before you head out into the world. You will need a great deal of patience today, along with stamina and, of course, a sense of humour.

LEO ♌
JULY 23-AUG 23
Some excellent cosmic activity makes this a time of huge potential. However, you must be clear as to your aims and ambitions. You cannot afford to be vague.

VIRGO ♍
AUG 24-SEPT 22
Get rid of things you don't really need. There are more of these than you appear to realize: things you hang on to for no good reason.

LIBRA ♎
SEPT 23-OCT 23
You will be on the move today and where you end up is anyone's guess. You will discover things, about yourself and about the world around you.

SCORPIO ♏
OCT 24-NOV 22
Money matters may not be going too well at the moment but over the next few days you will get the chance to put your financial house in order.

SAGITTARIUS ♐
NOV 23-DEC 21
Hold tight because the ride you are about to take will be anything but smooth. Not that you'll care. You are a bit of a thrill seeker anyway.

CAPRICORN ♑
DEC 22-JAN 20
You may look confident to other people but deep down you have fears and worries. Today's aspects will give you the courage to deal with an important issue.

AQUARIUS ♒
JAN 21-FEB 18
What happens today may cause you to question some of your most cherished beliefs. Aquarians don't change their views often.

PISCES ♓
FEB 19-MARCH 20
You are desperate to make a name for yourself and you reason that if those with less talent can do it then so can you, all you need is the opportunity.

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$669 +Taxes & other fees (including service charges): $230
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Gran Bahia Principe Jamaica • 4 1/2★
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